

**Western Bacon Cheeseburger - Pg. 140-141**

*My skinnied-down take on the classic bbq burger from Carl's Jr./Hardees. Melted American cheese, crispy baked onion rings a quick, homemade, no sugar added BBQ sauce and... BACON!!!*



**'Juicy Lucy' Stuffed Cheeseburger - Pg. 94-95**

*Ground turkey burger patties stuffed with a molten American cheese center, served with homemade ketchup*



**Orange Chicken Sandwich - Pg. 112-113**

*The 'orange chicken' recipe from my Asian cookbook, used for a breaded, crispy chicken breast, served on a tangy Asian slaw*



**Bruschetta Chicken Sandwich - Pg. 68-69**

*Balsamic glazed chicken breast with thin sliced provolone, lettuce and a sicily-sized scoop of fresh made bruschetta*





# Burgers & Sandwiches

Tired of having sad and disappointing little slider sized 'burgers' if you want to lose or maintain weight? Want to win over that significant other that gripes about your 'diet food'? Get ready to convert them with 53 GOURMET, low calorie, low fat burgers and sandwiches.

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# The All American

A nod to the classic, simple, backyard cheeseburger

It occurred to me the other day, I've spent months making all of these snazzy and fancy burgers/sandwiches... but I hadn't actually made a simple, old school, classic American cheeseburger. I decided to add this burger, as a throwback to the timeless and simple burgers we all grew up with at family get togethers and backyard pool parties. Nothing fancy... just fresh tomato, lettuce, onion, American cheese, ketchup and mustard, because.... 'Muuuuurica.



## Servings Info.:

Yields: 4 burgers

Servings: 4

Serving Size: 1 burger



R - D  
2-2

*- last checked 02/14/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever brand buns you want, then add my  
points to your buns.*

## Ingredients:

### Burger Patties

- 3/4 lb of my "savory" ground turkey, recipe on pg. 26.  
Formed into (4) 3oz patties

### Ketchup:

- 1/2 batch of my low point ketchup recipe. Recipe on page 19

### Additional Toppings:

- 4 slices low point American cheese singles. I used velveeta originals, because everyone can find them.
- Lettuce, any variety.
- 1 tomato, sliced into rounds
- 1 onion, sliced into thin rounds.
- Dill pickle slices/chips
- Classic yellow mustard

## Directions:

- 1 Prepare the batch of my low point Ketchup, set aside.
- 2 Slice and prepare the produce, set aside.



- 3 (A) Get all of your toppings ready. (B) Divide the meat into 4 sections, then form into 4 patties. Heat a pan over medium heat, till droplets of water immediately sizzle on it. (C) Spray the pan with cooking spray and fry the patties on medium high heat for 2.5 minutes. (D) Flip the patties and cook for another 1.5 minutes. Cover each patty with cheese, pour a dash of water into the pan and immediately cover it with a lid, cooking for 1 more minute, to melt the cheese. Remove patties from heat.



- 4 Toast your perfectly shaped buns (deep squats and Yoga help). Don't forget to wash and clean your lettuce. We didn't all survive "The 'Rona", just to go and get Norovirus, now, did we?



- 5 To assemble, (A) smear some ketchup and yellow mustard on the bottom bun, (B) followed by dill pickle slices. Use as many as you want. (C) Place a slice of tomato on top of the pickles, followed by some lettuce and a slice of onion. (D) Place a cheeseburger patty on top of the onion, then smear some more ketchup and mustard on the top bun. Done.

#### NOTES & SUGGESTIONS:

- **POINTS:** The reason this shows 2 points for a burger, is that the builder is taking into account the entire 1/2 batch of my ketchup, which has 1 point of tomato paste in it. However... in truth, you are not going to be putting 1/4 cup of ketchup onto each of these, so really, the points for the first burger should honestly be lowered by 1 point. But, count it how you want. Nobody will know.
- **CHEESE:** Though I used Velveeta Original slices for this recipe, you can use any low calorie/fat/point cheese that you want. In truth, the first burger should be 1 point lower than it shows. The recipe makes 4 burgers, so the points for ALL 4 burgers get added together, which is 6 points of cheese for all 4 burgers. If you only eat 1 single burger, that 1 single burger's filling will be 1 point. When I make this for myself, that's how I count it. 1 point, plus the bun
- **KETCHUP:** Though my low point Ketchup recipe is "rock star", you obviously can use any brand ketchup that you'd like. If you decide to use store bought ketchup, adjust your points.
- **ONION:** When I first posted this recipe 2.5 years ago, the main comment people made about it was: "OMG, Daniel!!! Why the heck do you have such a thick-🍅 onion slice?!?!?" This was the first nice burger I'd ever made, so... I was still getting the hang of how thick to slice everything. I would hiiiiighly suggest slicing your onion thinner than I did in this pic. Unless you're making it for a date you're trying to break up with. Then, you can strategically use the uber-thick onion slice to make yourself look like you're crying as you break their heart.





# Animal Style Cheeseburger

My healthy, copycat version of the famous West Coast, In-n-Out cheeseburger. You're welcome.

In-n-Out Burger is a West coast institution. Since the beginning of time, the debate has raged on whether or not they make the best fast food burger in the country or not. The debate will never end and that's ok. When you go to In-n-Out, you can order "secret" menu items, the most popular being, having your burger be made "Animal Style". If you're only going to have In-n-Out one time, you need an Animal style Cheeseburger.

## Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger



R - D  
2-2

- last checked 02/15/24 -  
Listed Points **DO NOT INCLUDE THE BUN!** Use  
whatever brand buns you want, then add these points.

## Ingredients:

### Savory Ground Turkey Patties:

- 3/4 lb batch of my Savory Ground Turkey, recipe on pg. 26

### Thousand Island Dressing:

- 1/2 batch of my Thousand Island dressing, recipe on page 23

### Caramelized Onions:

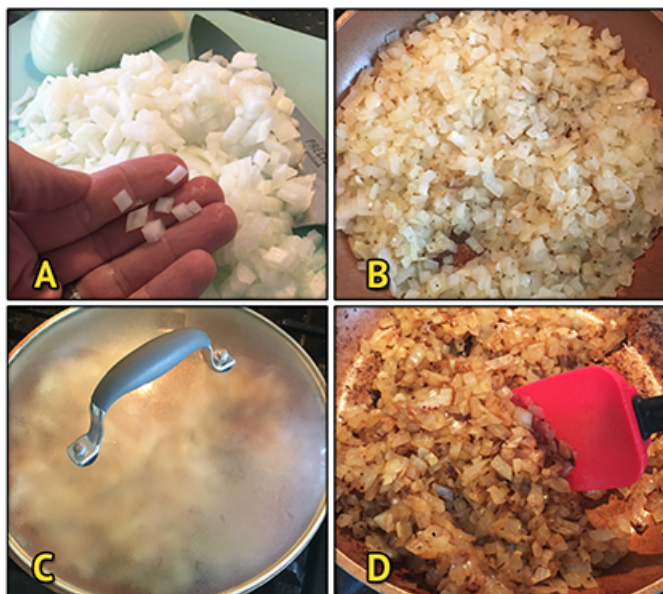
- 1 jumbo OR 2 large yellow onions, diced
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 cup fat free beef broth, or water (I recommend the broth)
- 1 Tbsp apple cider vinegar

### Additional Ingredients:

- Classic yellow mustard
- Iceberg lettuce. No whining about it not being fancy. **YOU HAVE TO USE ICEBERG LETTUCE!!** No arguing.
- 4 slices of low point American cheese (any brand that's 1 point for the first slice. I used Velveeta original in this recipe).
- 4 Tomato slices
- Dill pickle slices

## Directions:

- 1 Mix together the ground meat, set aside. Make a half batch of my Thousand Island dressing, set aside.



- 2 (A) Dice your onions, making sure they are diced small. You don't want big giant chunks. Look at the picture. (B) Heat a pan over medium heat, spray with cooking spray, then add the onions, salt and pepper. Cook for 5 minutes, till the onions begin to sweat. (C) Pour the broth (or water) and vinegar into the pan, stir, then cover. Reduce heat to just under medium. (D) Cook, covered, for 15 minutes. Every few minutes remove the lid and stir the onions. If it looks like all the liquid is gone, add another Tablespoon of broth/ water, then replace the lid. After 15 minutes, the onions should be nice and caramelized. Keep the lid on, remove pan from heat and set aside.





3 (A) Form the meat into 4 even patties, these are supposed to be thin patties. After they are formed, press down on them, to make them thinner and wider. Trust me. (B) Spread a small amount of yellow mustard across the top of each patty, then start heating up a large pan over medium heat. (C) Use cooking spray to cook the patties, mustard side down, for 2.5 minutes over medium heat. Flip the patties and spread more mustard onto the new top (raw) side. (D) After 2.5 minutes have passed, flip the patties (mustard-side down again) and place 1 slice of cheese on top. Pour a little water into the hot pan and cover with a lid, to melt the cheese. Done.

4 To assemble the burgers, first toast the buns, then (A) smear 2 Tbsp of thousand island onto the bun, followed by 4 or 5 dill pickle slices. (B) Next comes the sliced tomato, then a good amount of iceberg lettuce. Remember... this is a messy burger. (C) Place a cheeseburger patty on top of the lettuce, then a healthy scoop of caramelized onions. (D) Lastly, spread 1 more dollop of dressing on the top bun. Done.

5. In case you're wondering why the recipe makes 4 burgers, but you only see 3 patties in these pictures... That's not a mistake. One was sacrificed as my wife's dinner, before I took pictures. 🍔😅

### NOTES & SUGGESTIONS:

- **CHEESE:** Use any brand of "LOW POINT" sliced cheese you want. I used Velveeta Originals, because they are 1 point for 1 slice, 3 points for 2 and most people have access to them. Use whatever low point brand you can find and adjust your points. If you can find Borden's Fat Free Cheddar Slices, those are 4 slices for 3 points.
- **'DOUBLE DOUBLE' ANIMAL:** Ok, you need to make this. The fabled In-n-Out Double Double Animal. It's the exact same process as this cheeseburger, but you're making a double cheeseburger. Add 1 more patty with cheese on top of the first patty, then place the onions on top. Look for pics on google for reference, if needed... and adjust your points.
- **ANIMAL STYLE:** Animal Style is an off-menu request, to have mustard fried onto the patties, as well as topping the burger with caramelized onions and extra sauce. A regular In-N-Out cheeseburger has none of that, it's a plain cheeseburger with a slice of raw onion on top of the tomato, no mustard on the patties, no caramelized onions and no extra dressing.







# Banh Mi Chicken Sandwich

Good Morning Vietnam!! Chicken Breast, Cucumber Slices, Pickled Veggies, Cilantro and a Spicy, Savory Spread

The unofficial, official chicken sandwich of Vietnam. This light, fresh and flavorful sandwich sports tender chicken on a soft french roll. It's then dressed up with a savory spread, fresh cucumber slices, thin cut pickled carrots, radishes and jalapeños. Finally, it's topped with a heapin' helping of fresh cilantro leaves.

## Servings Info.:

Yields: 2 sandwiches  
Servings: 2  
Serving: 1 sandwich



R - D  
0-1

- last checked 02/16/24 -

These points **DO NOT INCLUDE THE BREAD!!**  
These are the points for the "FILLING". Use whatever bread rolls you want, then add THESE POINTS to your bread of choice.

## Ingredients:

### Chicken:

- 2 medium (3-4oz each) chicken breast, lightly pounded
- (marinade) 1-1/2 Tbsp reduced sodium soy sauce
- (marinade) 1-1/2 tsp fish sauce
- (marinade) 1 tsp lime juice
- (marinade) 1/2 tsp paprika
- (marinade) 1/8 tsp baking soda, stirred into the soy/fish sauces

### Easy Pickled Vegetables:

- 1 cup matchstick carrots (or freshly shredded)
- 1 cup daikon radish, thiiiiin sliced, to be similar in size to the matchstick/shredded carrots (see notes)
- 1 jalapeño pepper (red or green), sliced into thin rounds.
- distilled white vinegar... as much as you need (see notes)

### Dressing/Spread

- 4-1/2 Tbsp fat free plain Greek yogurt
- 1 tsp low fat mayonnaise
- 1 tsp lime juice
- 1/2 tsp sriracha asian chili sauce (or other hot sauce)
- 1/2 tsp paprika, for color
- 1/4 tsp salt

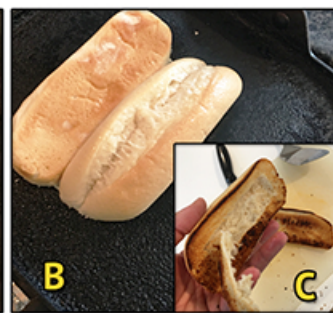
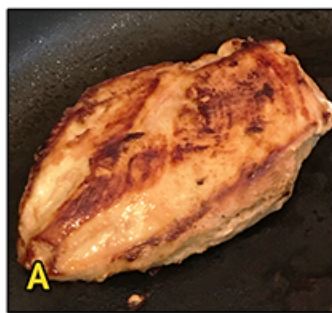
### Additional Ingredients:

- (2) store bought, french bread hoagie rolls. Scoop bread out of top bun halves. (SEE NOTES)
- 1 bunch cilantro, rough chopped, not packed (about 1 cup)

## Directions:



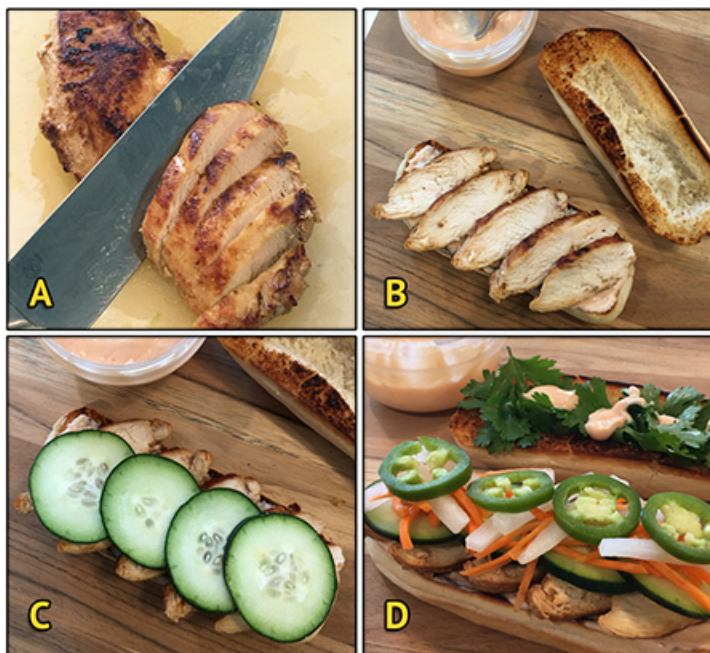
- 1 (A) Peel the daikon radish, then slice it and the jalapeño, removing most of the seeds from the pepper. Add the cut veggies to a small pot and cover with white vinegar. Bring to a simmer, then turn off heat and let cool to room temperature. (B) Place the quick pickled veggies into a container, covered with the vinegar. Cover with an air tight lid and set aside in the fridge, to cool.



- 2 (A) Mix together the marinade and RUB over the chicken. Let sit for 20-30 minutes. Heat a pan over medium-high heat for 1 minute. Spray with cooking spray, then cook chicken for 3-4 minutes per side. Set aside. (B) Heat another pan over medium heat, then 'Butterfly' your sandwich rolls. Spray the 'inner' part with cooking spray, then lay them down onto the hot pan. Toast till edges are toasted brown. Remove from heat and let rest till cool. (C) Scoop out bread from the top bun, to create a cavity. Set rolls aside.



- 3 Mix all of the ingredients for the Sauce/Spread together, till smooth and well combined. Set aside.



4. (A) Let your cooked chicken breasts rest for 10 minutes, then slice into 1/4" strips. (B) Smear a spoonfull of the Sauce/Spread onto the toasted bottom buns, followed by a layer of the sliced chicken breast. (C) Place thin sliced cucumber rounds over the chicken. (D) Take a handful of the pickled carrots and radish out of the vinegar and place onto a paper towel to remove some of the vinegar. Set a good amount of pickled carrot and radish on top of the cucumber slices, followed by a row of pickled jalapenos. Stuff the cavities on the top buns, with fresh cilantro, then place a few dollops of the sauce onto the leaves. (Doing it this way holds the cilantro in place while we flip the bun and keeps it from spilling out the sides when you take a bite). Finally... carefully flip the top bun over and onto the sandwich. Done.

## NOTES & SUGGESTIONS:

- **VINEGAR:** Ok, here's the deal. More than 1-1/2 cup of white vinegar is 1 point. HOWEVER... I am not counting the points for vinegar. We are soaking the vegetables, then removing them. We are not ACTUALLY consuming all that vinegar with our sandwich. So... I am not counting the point, due to an over abundance of common sense. You don't count the points for the vinegar filling a BIG jar of pickles, do you?
- **DAIKON RADISH:** Now, I totally understand that not everybody has access to these, in the produce departments of their local stores. So, here's some alternatives:
  - \* **Red Radish:** Ya'know... those little round red ones? You can slice those thin and use them instead.
  - \* **Jicama:** Peel and slice jicama. The cool thing if you use it instead of radish is, where radishes are crisp, bitter and peppery... jicama is crisp and mildly sweet.
- **JALAPEÑOS:** First off, if you are handling raw peppers, DO NOT RUB YOUR EYES!!! Also, WEAR GLOVES!! For folks who don't like heat, once you remove the seeds and pickle them in vinegar, they pretty much lose 90% of their spiciness. TRUST ME... I think the mild sauce at Taco Bell is spicy and I was ok with this. Side note, if you can get red jalapenos, they are prettier in the sandwich.
- **THE BREAD!!!!:** As noted, the points for my recipe DO NOT INCLUDE the points for the bread. I want you to be able to use WHATEVER brand or type of bread you want for this sandwich. Add my points to your bread's points. Easy. If you use an 8 point bun, add it to the points for 1 serving of my sandwich.
- **WHAT I DID FOR MY BREAD:** I used a generic, store bought, 6 point 'french bread hoagie roll'. I scanned the bag and pulled it up in the app. I then scrolled down to see how many grams I'd need to remove to make it a 5 point roll, by weight. I scooped out bread from the top bun, till I hit that number on a food scale. So... I turned my 6 point roll into a 5 point roll. So on MY plan... my 1 sandwich was 5 points.
- **SAUCY:** For a huge flavor kick, drizzle some of my teriyaki sauce over the pickled veggies, before closing up the sandwich. You can also use more Sriracha, if you want.





# Bibimbap Burger

The Famous, Classic, Trendy, Korean Rice Bowl Meal, Reimagined Into A DELICIOUS & Healthy Gourmet Burger

Bibimbap is an extremely popular and addictive Korean dish, served as a glorious rice bowl. Traditionally, it's a mound of rice, topped with sauteed spinach, carrots, cucumbers, seasoned beef, chicken or pork, covered with an egg with runny yolk... then slathered in an amazingly spicy, savory and slightly sweet sauce. Me being me.... I turned my Asian Cookbook's rice bowl entree into a burger.

## Servings Info.:

Yields: 4 burgers

Servings: 4

Serving Size: 1 burger



- last checked 02/16/24 -  
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points to your buns.

## Ingredients:

### Savory Ground Turkey Patties

- 3/4 lb batch of my Savory Ground Turkey, recipe on pg. 26

### Quick Bibimbap-Gochujang Sauce - (makes 1-1/2 cups, 4-5 total points)

- 10 Tbsp water, PLUS 1-1/2 tsp cornstarch, stirred together
- 3 Tbsp lower sodium soy sauce
- 1 Tbsp 'dark' soy sauce (I used 'sushi chef' brand)
- 5 Tbsp (1/3 cup) 0 point sweetener o' choice
- 3 Tbsp rice vinegar
- 4 Tbsp sugar free syrup (pancake syrup)
- 2 garlic cloves, crushed and minced
- 1/2 Tbsp fresh ginger, minced
- 1/2 tsp salt
- 2 tsp sugar free strawberry or peach preserves/jam
- 1 Tbsp 'no sugar added' ketchup
- 4 Tbsp red pepper paste, fermented (see notes)
- (optional) additional sriracha hot sauce, to taste, if needed

### Additional Ingredients:

- (2) 5oz bags baby spinach
- 1 cup matchstick/shredded carrots
- 1 cup cucumber, peeled and thinly sliced into matchsticks
- 1 cup daikon radish, peeled and thinly sliced into matchsticks
- 4 large eggs
- 1 tsp toasted sesame seeds

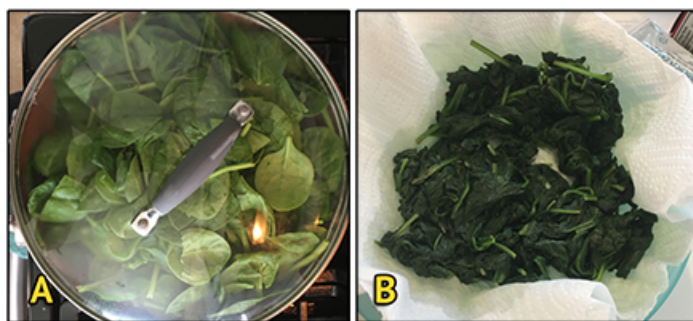
## Directions:

- 1 Mix all of the bibimbap sauce ingredients together in a small pot. Bring to a low boil for 4-5 minutes. Remove from heat. Sauce will continue thickening as it cools.

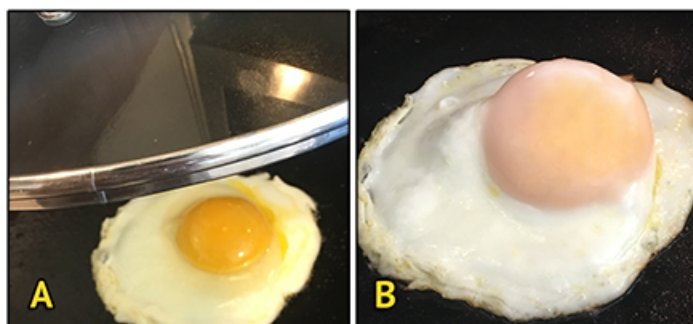


- 2 (A) Chop your cucumber and radish to be similar in size and shape to the matchstick/shredded carrots. (B) Heat a large pan over medium heat for 1 minute, then spray with cooking spray. Add the carrots and radish, season with salt and pepper. Cover and cook for 5 minutes. (C) Add the cucumber and 1 Tbsp of your 'Bibimbap Sauce'. Mix to combine. Add 1 Tbsp water to the pan, cover and cook for 2 minutes, till veggies are soft and pliable. (D) Pour the cooked/hot veggies into a bowl and cover with plastic, allowing them to steam slightly as they cool. Set aside.

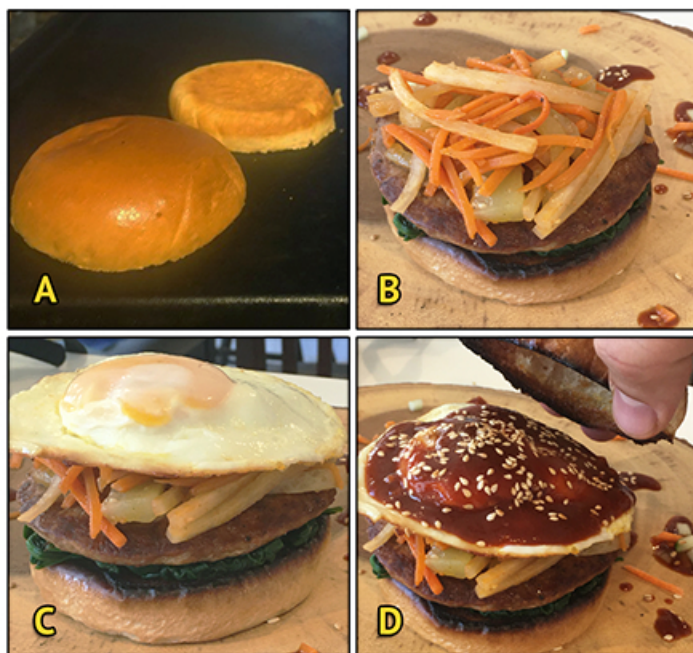




- 3 (A) Return the pan to heat, spray with cooking spray. Add ALL of the spinach, then cover and cook for 4 minutes. Toss the spinach, then cover and cook 2 more minutes. (B) Place the cooked spinach into a bowl lined with paper towels, to drain some of the excess liquid. Set aside.



- 4 (A) Heat a pan over medium heat for 1 minute. Spray with cooking spray, then add the eggs. 1... 2... 3... however many you feel comfortable with. Add 1 Tbsp water, then cover. (B) Cook for 3-5 minutes, or until the whites set and the top of the yolk juuuust starts to turn translucent white. Set aside.



- 5 (A) Toast your buns, then cook the burger patties for 2-1/2 minutes per side, over medium heat. (B) Place a mound of spinach onto the bottom bun, followed by 1 of the burger patties. Top the patty with a pile of veggies. (C) Place an egg onto the veggies, then poke the yolk with a knife, which will allow the yolk to run. (D) Pour 1 to 2 Tbsp of the bibimbap sauce onto the egg, followed by 1/4 tsp of toasted sesame seeds. Crown it with the top bun.

## NOTES & SUGGESTIONS:

- **Fermented Red Bean Paste?**: This ingredient is KEY to making the sauce. You can find it in the Asian food aisle of most major grocery stores, as well as at Walmart. It can usually be found in a 1 pound, red plastic container. Different brands have different points for 1/4 cup. Some are 8 points, some are 9. I bought 'Jayone' brand, which is 8 points per 1/4 cup. My points are calculated for that.
- **'Dark' Soy Sauce**: Nope... it's not the same as regular soy sauce. It is primarily used to darken my sauce, making it look more like 'the real stuff', without all of the added high point ingredients. If you don't use it, your sauce will still taste the same, but it'll be reddish in color.
- **Eggs?? Bleh!**: Don't like eggs? Don't use them. However, an egg with runny yolk is the finishing touch on a regular bibimbap bowl.
- **Spinach**: Don't want to use Spinach? Use any green leafy vegetable you want. I'm using spinach because it's usually served in bibimbap.
- **Daikon Radish**: Can't get ahold of it at your local store? Use jicama, sliced regular radishes, or use extra carrots.





# Big Dan & Jr Dan

My WW-ified, healthier versions of a McDonald's Big Mac and Junior Big Mac

This is my low point, low fat recipe for a McDonald's Big Mac, using ground turkey and my low point Thousand Island dressing. I'll also be showing you how to make a single patty version. Let's call them, **Big Dan** and **Junior Dan**. Best part? A REGULAR Big Mac is 21 points, while mine has less points than the Cleveland Browns offense.

Now... sit down and put your thinking caps on, because this recipe is going to have a LOT of notes and WW-math.

## Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger



R-D  
4-4



R-D  
2-2

- last checked 02/18/24 -

*(The Big Dan's listed points INCLUDE BREAD!!! This is the only burger in the book that does! These points assume you are using 2 point burger buns, plus 1 'bottom' bun from an extra set o' buns. Therefore... THREE POINTS of this burger is from the bread.*

## Ingredients:

### Savory Ground Turkey Patties:

- 1 lb batch of my Savory Ground Turkey, recipe on pg. 26. Will be formed into 8 veeeeery thin patties (they must be thin).

### Low Point Thousand Island Dressing:

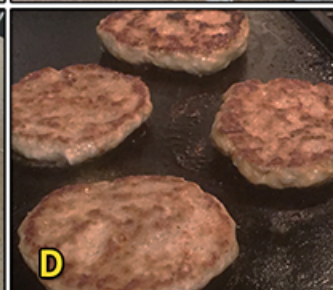
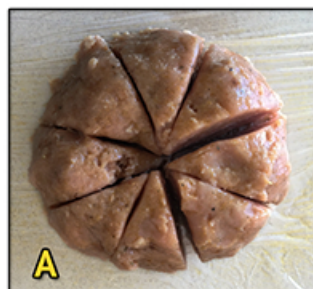
- 1/2 batch of my Thousand Island dressing, recipe on page 23.

### Additional Ingredients:

- 4 slices of low point american cheese slices, such as Borden's Fat Free singles (3 points), or Velveeta Original (5 points)\*\*\*
- 1/2 head of Iceberg lettuce, finely shredded (or a bag of shredded lettuce, if you want to make it easier on yourself)
- 1 medium white onion, finely diced
- Dill pickle slices, at least 4 per burger.
- An entire package of 8 (2 point) keto burger buns (see notes)\*\*\*

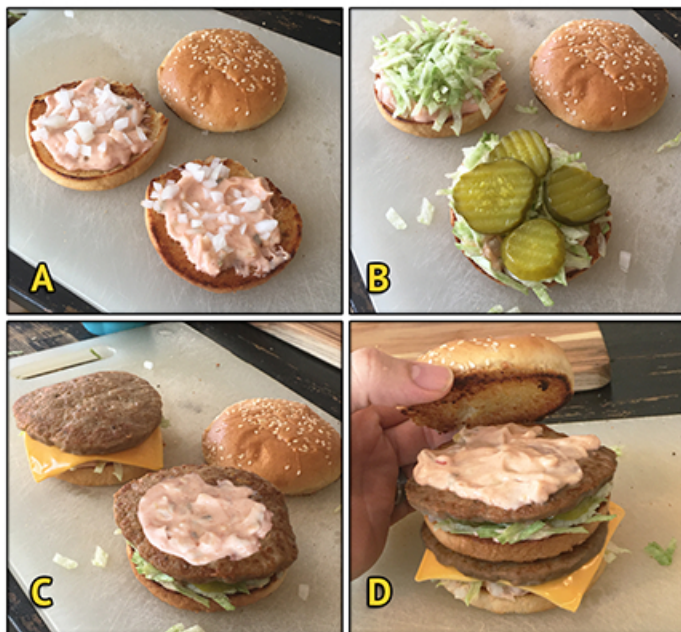
## Directions:

The following instructions are the process to make the double decker "Big Dan" burger. Instructions will also be provided for making the single patty version.

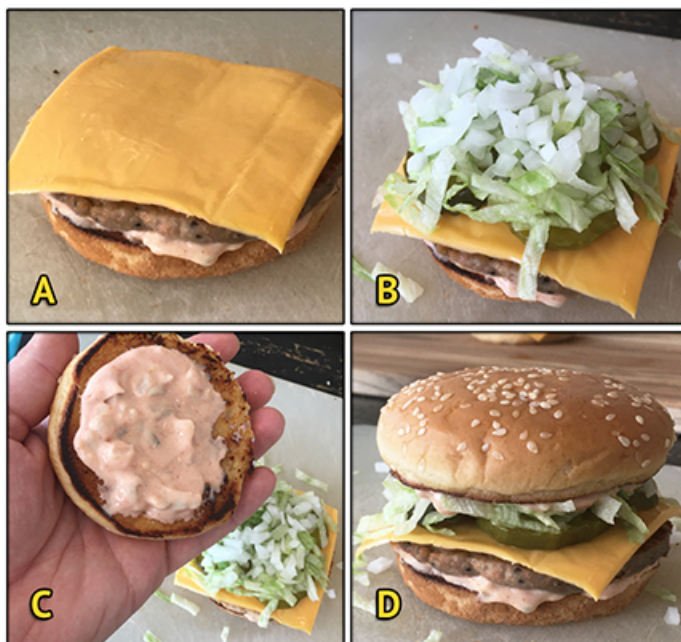


- 1 (A) Roll your batch of seasoned meat into a mound. Using a knife, slice it into 8 'equal' sections. Shape the meat into patties, set aside to rest for 20 minutes. (B) Finely dice the onion, set aside. (C) Take the bottom bun from each of the 4 extra hamburger buns in the package, then use a knife to slice off the dark, baked bottom. You want to have white bread on both sides. This 1 'middle' bun will be 1 point. Set aside. (D) Preheat a pan over medium heat for 1 minute, then cook the thin burger patties for 1.5 minutes per side.





- 2 To assemble 'The Big Dan', first toast the buns. **(A)** Place a dollop of thousand island onto both the bottom and the middle buns, followed by some diced onions. **(B)** Next, place some shredded lettuce onto both buns. On what will be the center bun, arrange a few pickle slices. **(C)** Place a slice of cheese on top of the bottom bun's lettuce, then put a patty on top of the cheese. Place a 2nd patty onto the pickles, followed by a dollop of dressing. **(D)** Stack it all together, by placing the 'middle part' onto the 'bottom part', then cover with the top bun. Done.



- 3 To assemble the 'Junior Dan' burgers, first, toast burger buns. **(A)** Smear the bottom bun with some thousand island, then place a burger patty on top, followed by 1 slice of cheese. **(B)** Place pickles on top of the cheese, followed by a mound of shredded lettuce, then top the lettuce with diced onions. **(C)** Smear some thousand island onto the top bun, **(D)** then cap the burger with the bun. Done.

## NOTES & SUGGESTIONS:

- **CHEESE:** There is a major variable in this recipe. It is the points for the cheese. I found a Fat Free brand of cheddar cheese slices in my grocery store's cheese section, it's the "Borden's" brand, fat free cheddar singles. They let you have up to 5 slices for 3 points. Velveeta Originals are also low point cheese slices. They are 5 points for 4 slices. I formulated this recipe with the higher point Velveeta slices, because they are easier for people to find. I'd highly suggest scanning your local store brands and adjust your points if needed.
- **MIDDLE BUN:** For these 4 burgers... we are going to need an extra "bottom bun", that we can slice and use as the middle piece of bread. Burger buns are sold in packs of 8. I took the remaining 4 burger buns and used the extra bottom 'round' from the extra 4 buns. As seen in picture "1C", I sliced the 'browned' bread off of the bottom of the 4 extra bottom buns. That 1 bottom half of each 2 point bun, is only 1 point. So... 3 total points for all 3 layers of bread in your "big dan".
- **THIN PATTIES:** Regular Big Mac's have extreemely thin burger patties. To get the familiar 'mouth-feel' of the real sandwich, you need to make your burger patties thin too. However, if you feel they are TOO thin, go ahead and use a full 1 pound batch of meat.








When I was trying to find inspiration pictures for a suuuuper fancy & swanky burger, I stumbled upon multiple articles, that ALL referenced a cheeseburger from a French restaurant in Manhattan. Multiple world acclaimed publications (at the time) dubbed it "the greatest cheeseburger in America". The original version is a high-end burger full of French snootery. It has a beef brisket patty, crusted in cracked black pepper, with a thick slab of French triple cream cheese, dressed arugula, french mini pickles and thin sliced red onions. It's then served with a pan sauce made with cognac and heavy cream. THIS is my hacked down healthier version.

### Servings Info.:

Yields: 4 burgers

Servings: 4

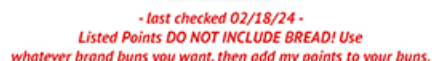
Serving Size: 1 burger



MY PLAN

R - D
3-3

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger



### *Burger Patties*

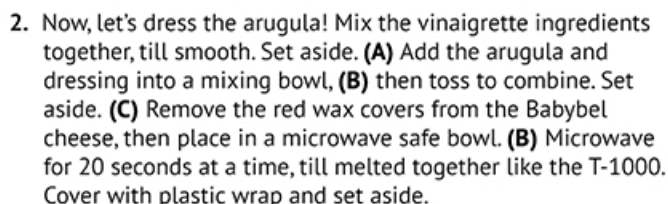
- 3/4 lb batch of my "savory" ground turkey. Recipe on pg. 26
- A bunch of coarsely ground/cracked black pepper, in a dish.

- 2 Tbsp plain fat free Greek yogurt
- 2 Tbsp dijon mustard
- 1 tsp light mayonnaise
- 1/4 tsp olive oil
- 1 Tbsp white wine vinegar

- 2 Tbsp beef broth
- 2-1/2 Tbsp Brandy... yup, Booze it up!! (see notes)\*\*
- 1-1/2 tsp cornstarch
- 1/2 cup plain unsweetened almond milk
- 1/8 tsp each: salt and cracked black pepper

- 6 pieces mini Babybel Light cheese (see notes)\*\*
- 5 oz baby arugula
- 1 small red onion, THIIIIIIIIIIIIIN sliced.
- Cornichons, also known as Gherkins. They're jarred and located by the pickles and olives at the grocery store. If you can't find them, you can substitute them with "baby dill pickles". Though the flavor won't be the same.

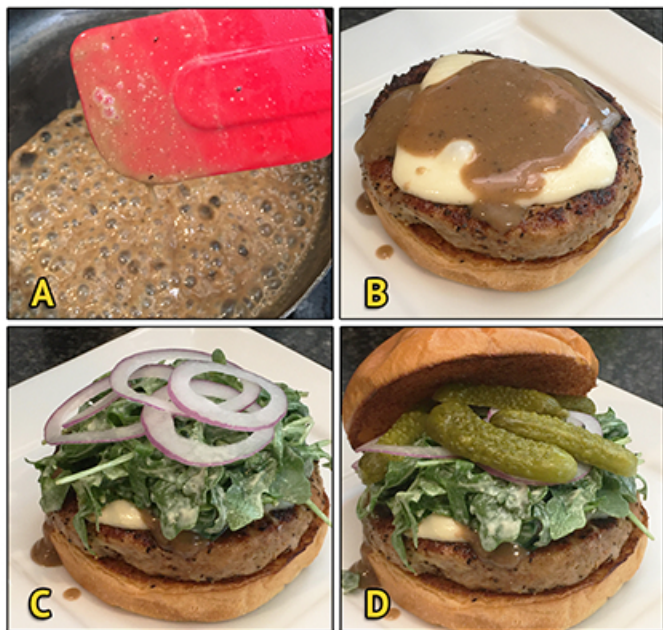
**1** Prepare the batch of “savory” meat, cover, set aside.







- 3 (A) Form the raw meat into 4 patties, liberally coat both sides of the patties with a good amount of cracked pepper. (B) Heat a pan for a minute over medium heat, then add the patties. Cook for 3 minutes. (C) During that time, take the cheese out of the bowl and slice into 4 pieces. (D) Flip the burgers and place a cheese quarter on each patty. Pour 2 Tbsp of water into the pan, cover with a lid and cook for 2 to 3 minutes, melting the cheese. Remove burgers from the pan and set aside.



- 4 Mix the pan sauce ingredients together, in a cup, till smooth. (A) Turn the heat back on under your pan, to high, then pour in the sauce. Bring to a simmer, then lower heat to medium. Stir for 3-4 minutes, or until the sauce thickens into a gravy. Pour into a cup and set aside. (B) Toast your burger buns, then place your patty onto the bottom bun, followed by pouring some of the hot pan-sauce over the cheese. (C) Next, add a mound of dressed arugula, followed by a few of the thin sliced red onions. (D) Lastly, slice a few of the tiny pickles in half, lengthwise, then place them on top of the onions. Done.

## NOTES & SUGGESTIONS:

- **PATTIES:** Though my fancy pictures use large cracked black peppercorns... I do notooooot recommend it. The burgers are ridiculously spicy like that. I had to remake them with smaller sized coarse ground pepper. Use a pepper mill, or buy a small, inexpensive container of coarse ground black pepper from the store. Use as much as you want. Just don't cover it in nearly full-sized peppercorns, like I foolishly did.
- **VINAIGRETTE:** If you're allergic to Dairy, you can use silken tofu in place of the Greek. If you don't have white wine vinegar, distilled white vinegar will work too, it just won't sound as fancy Nancy.
- **PAN SAUCE:** Same thing. If you're allergic to nuts, you don't need to ask what to use instead of almond milk. Use whatever low point milk alternative you CAN have, but adjust the points.
- **BRANDY:** The traditional recipe uses expensive cognac. I decided to use brandy, because you can get a small 100ml bottle, for \$2.50, from pretty much any small liquor store. Don't want to use alcohol? Use more beef broth instead. It won't be the same, but it'll have a rich, peppery, beefy gravy in its place. That'll still taste pretty good.
- **CHEESE:** I used mini Babybel Light cheese, because most everyone can get it at most major grocery stores. The 6 pieces have 10 points. A good substitution would be 3oz of semi-soft goat cheese, same points. Or, use 8 points of any cheese.







## Blue Cheese & Onions

Caramelized balsamic onions with savory blue cheese funk

This is one of those swanky types of burgers, typically found on the menu at a sit down restaurant, rather than coming out of your kitchen. The strong flavor of blue cheese gets mellowed out by the caramelized balsamic onions, which lend a sweet savoriness, to counter the pungent funkiness of the blue cheese.

### Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger



- last checked 02/09/24 -  
Listed Points **DO NOT INCLUDE BREAD!** Use  
whatever brand buns you want, then add my points to your buns.

### Ingredients:

#### Savory Ground Turkey Patties \*\*

- 3/4 lb of my Savory Ground Turkey, recipe on pg. 26

#### Garlic Aioli Spread

- 6 Tbsp fat free plain Greek yogurt
- 1 Tbsp light mayonnaise
- 1 tsp lemon juice
- 2 medium garlic cloves, crushed and minced
- 1/4 tsp garlic powder
- pinch of salt and pepper

#### Chunky Blue Cheese Mixture:

- 1/3 cup crumbled blue cheese (full fat, not reduced)
- 3 Tbsp plain fat free greek yogurt
- 1 garlic clove, crushed and finely minced
- 2 tsp white vinegar

#### Caramelized Balsamic Onions:

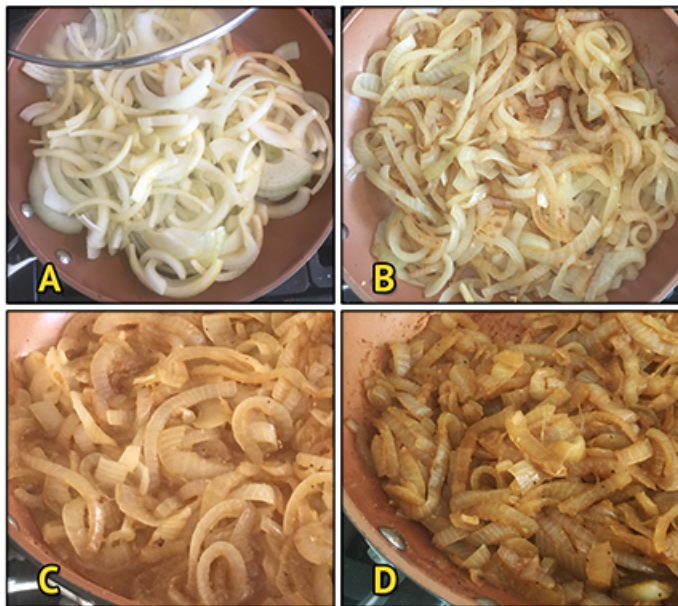
- 2 large yellow onions sliced into strips
- 1 medium garlic clove crushed and minced
- 6-8 second spray, butter flavored cooking spray (0 point)
- 2 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 cup fat free beef broth
- 1 Tbsp white vinegar
- 1-1/2 tsp balsamic vinegar

#### Additional Ingredients:

- Lettuce, any preferred variety

### Directions:

- 1 Mix all of the Aioli ingredients together in a cup, or other sealable container. Set aside for at least 30 minutes, for the flavors to meld.
- 2 In a cup, stir the 'chunky blue cheese mixture' ingredients together, slightly breaking apart the blue cheese. Set aside.

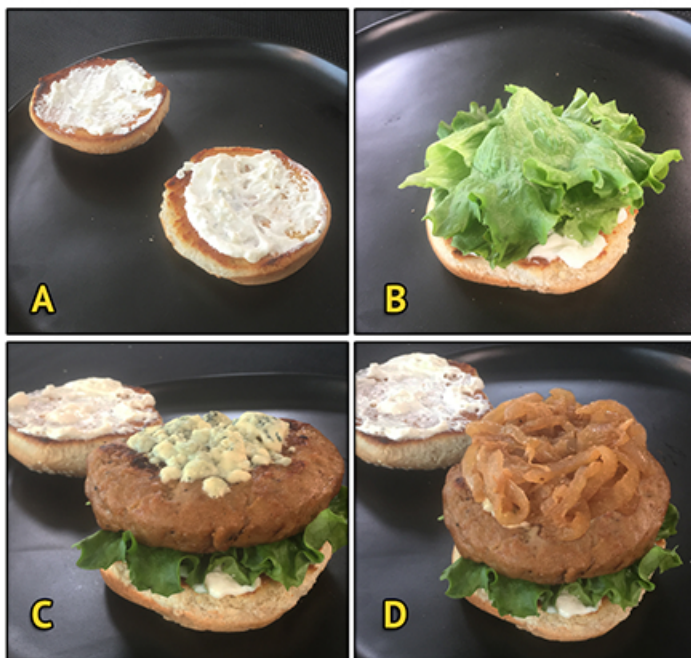


- 3 (A) Place the onions and garlic in a large pan over medium heat. Spray with a 6-8 second spray of butter flavored cooking spray, cover with a lid, (B) then cook for 10 minutes, stirring occasionally to ensure they don't burn. (C) After 10 minutes, stir in the onion powder, salt, pepper, beef broth, white vinegar and balsamic vinegar. (D) Cook, uncovered, for 8-10 more minutes, until all of the excess liquid has evaporated. Set aside. This can be made up to 2 days in advance and stored in the fridge. Reheat prior to serving.





- 4 (A) Take your pre-mixed 3/4 lb 'savory' ground turkey and cut into 4 equal sections. (B) Form into 4 patties. Set aside. Heat a pan over medium heat for 1 minute, then spray with cooking spray, and cook patties for 2.5 minutes per side. (C) When the burgers have 1.5 minutes left on the second side, cover each patty with a scoop of the 'chunky blue cheese mixture'. Pour a little water in the pan and immediately cover with a lid so the water starts to steam and soften/melt the blue cheese mix.



- 5 To assemble the burgers, first toast the buns, then (A) smear a scoop of the garlic aioli onto both buns. (B) Place a layer of lettuce onto the bottom bun, (C) followed by one of the blue cheese-topped burger patties. (D) Place a good sized serving of the caramelized onions on top of the blue cheese, then cover with the top bun. Done.

## NOTES & SUGGESTIONS:

- **BLUE CHEESE:** I recommend using full fat blue cheese instead of reduced fat. Sure, you'd get a lot more cheese if you use the reduced fat stuff, but the flavor is MUCH more mild. IF you do decide to use reduced fat... know there is 7 total points of regular blue cheese in this recipe. So, sub the blue cheese out with 7 points of any other type of pungent cheese you want.
- **GORGONZOLA:** In most fancy salads and sandwiches, Gorgonzola can be used in place of Blue Cheese. What's the difference? Gorgonzola actually IS a type of blue cheese. However, Gorgonzola is milder than aged blue cheese and is softer, allowing it to melt a bit easier.
- The onions and aioli can be made ahead of time.
- **CHUNKY BLUE CHEESE MIXTURE:** Think of it as a very thick blue cheese dressing. Mix it ahead of time and let it sit in the fridge for at least 30 minutes.







# Breakfast Burger

A Breakfast Sausage 'Burger' Patty, Melted Cheese, Bacon, Scrambled Eggs, & a Peppery Pan Gravy

For this breakfast burger, I thought it'd be kinda cool to do a play on a classic bacon egg and cheese sandwich. I'm kicking it up a notch by topping it with a cracked pepper pan gravy and serving it on a toasted bun. As a bonus, it goes without saying, you can replace the burger buns with my yeast biscuits from Cookbook 1.

## Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger



- last checked 02/19/24 -  
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points to the bread.

## Ingredients:

### Savory Ground Turkey Patties \*\*

- 3/4 lb of ground turkey breakfast sausage, recipe on pg 24

### Black Pepper Pan Gravy:

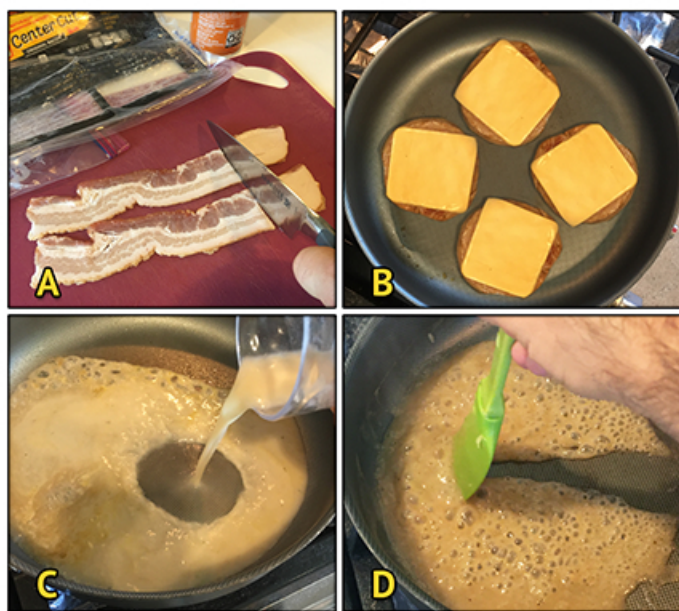
- 1-1/2 tsp cornstarch, dissolved in 1 Tbsp water
- 1 tsp flour (dissolved/stirred in with the cornstarch/water)
- 1/2 cup fat free beef broth
- 1/4 cup unsweetened plain almond milk (**NOT VANILLA!!!!** 🤢)
- 1/4 tsp salt
- 1/4 to 1/2 tsp coarse ground/cracked black pepper, to taste.

### Additional Ingredients:

- 4 large eggs
- 1/4 tsp baking powder
- splash o' water
- 8 slices center cut bacon (**SEE NOTES!**)
- 4 slices low point cheese slices. I used Velveeta Originals. (see notes for more info. on cheese options)

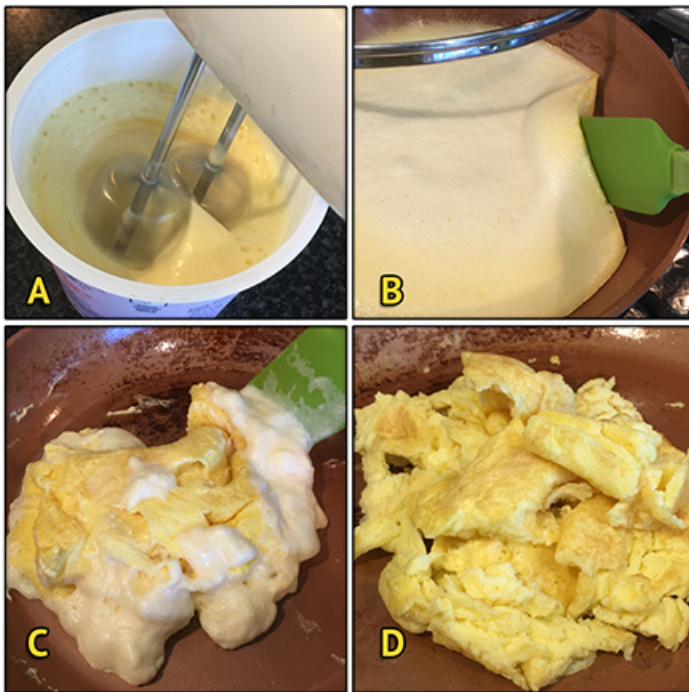
## Directions:

- 1 Let's prep the gravy. In a small dish, stir together the cornstarch, flour and water, till dissolved. Set aside. Fill a larger cup with the beef broth, almond milk, salt and pepper. Stir in the cornstarch and flour mixture, set aside.

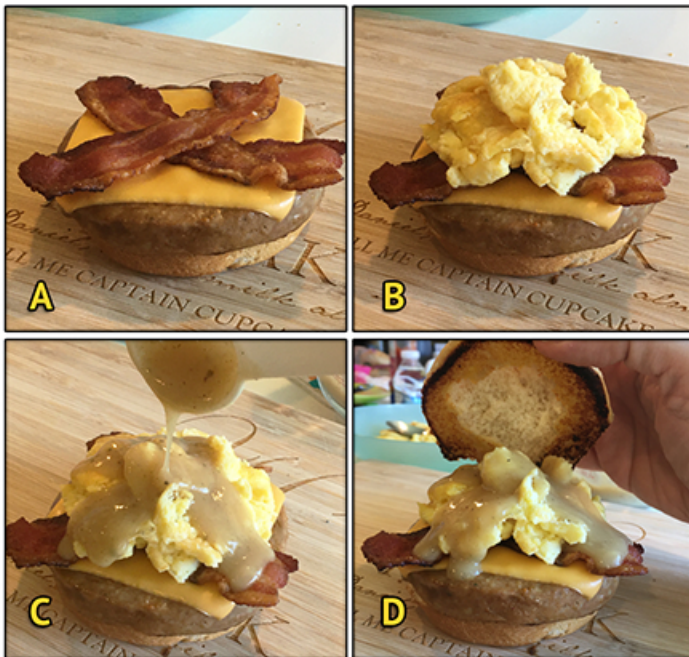


- 2 (A) Take 8 slices of your bacon and cut 1/4 off of the end of each slice (see notes). Cook in a large pan, till crispy. Remove from pan, pat dry with paper towels to remove oil, set aside. (B) Wipe the excess oil from the pan, then spray with cooking spray. Form the raw meat into patties and cook for 2-1/2 minutes per side, over medium heat. Place a slice of cheese on top of each patty for the final minute. Set aside. (C) To that pan, pour in the gravy mixture and bring to a boil. (D) Simmer for 3-4 minutes, or until gravy is thickened. Pour into a cup, cover with plastic wrap, set aside.





- 3 (A) Use an electric hand mixer to whip together the eggs, water and baking powder for 1 minute. Getting it nice and frothy. (B) Heat a pan over medium heat for 1 minute, spray with cooking spray, then pour in the egg mixture and cover with a lid. Cook for 1-1/2 minutes. Then, remove the lid and gently fold the eggs. (C) Fold the eggs into a fluffy mound, then let sit for 30 seconds, then fold again. (D) When the eggs are cooked through, divide into 4 equal portions.



4. To assemble the burgers, first toast the buns. Then, (A) place a breakfast sausage patty (with cheese) on the bottom bun, topped with 2 of the shortened slices of bacon. (B) Cover with one 1/4 portion of the eggs, then (C) pour 2 Tbsp of peppered gravy over the eggs. (D) Scoop out some of the top burger bun, so it doesn't squish everything out the sides, then place on top of the big pile o' awesomeness. Done.

## NOTES & SUGGESTIONS:

- **CHEESE:** Though there are many low point brands of melty American/Cheddar cheese slices, I used Velveeta Originals. They are widely available in most major grocery stores nationwide. However, use what you want. SOME packages of Velveeta Originals scan as being 2 points for 1 slice, where they USED to be 1 point. So, easy fix: Trim a little cheese off of one side.
- **BACON:** I'm using Oscar Mayer Center Cut Bacon, because it's widely available. Like most brands of center cut, if you cook it, then remove the oil with a paper towel, it is 1 point per slice. By trimming 1/4 off of each piece o' bacon, all the bacon in this recipe is 6 points, instead of 8. Which will allow for more wiggle room with whatever brand of cheese slices you use. Wondering what to do with all the extra 1/4 slices? Cook and freeze them!! If you ever want a tasty 0 point add-in for a dish, pull out one of the cooked/frozen pieces, crumble it up and sprinkle it into your dish. Boom, 0 points.
- **EGGS:** You can simply scramble some eggs, if you don't want to go all crazy like I did, with the baking soda hand mixer thing.
- **BISCUITS:** As stated, if you want these to be biscuit breakfast sandwiches, use my amazing low point biscuits, in Cookbook 1.
- **MAKE AHEAD:** I sometimes make a double batch of 8 of these and then freeze them. I'll usually take one out of the freezer the night before, so when my wife wakes up in the morning to get ready for work, it'll be defrosted. Then she just needs to microwave it to heat it up, for breakfast on her way to work.







## Bruschetta Chicken

Balsamic Glazed Chicken Breast, Thin Sliced Provolone Cheese & a Big 1/4 cup Scoop of Bruschetta

This simple sandwich is light, fresh and full of flavor. We simply season a chicken breast with salt and pepper, then glaze it with a sweet and tangy balsamic syrup. It then gets served over provolone cheese, lettuce, and a big scoop of bruschetta, before getting drizzled with a balsamic pan sauce.

### Servings Info.:

Yields: 4 sandwiches  
Servings: 4  
Serving Size: 1 sandwich



R - D  
2-2

- last checked 02/09/24 -  
Listed Points **DO NOT INCLUDE BREAD!** Use  
whatever brand bread you want, then add my points to it.

### Ingredients:

#### Chicken Breasts:

- (4) 4oz boneless, skinless chicken breasts.

#### Simple Bruschetta:

- 1 large tomato, diced (you want at least 1 cup).
- 1/4 cup fresh basil, loosely packed, finely chopped.
- 2 medium garlic cloves, finely chopped
- 1/2 tsp salt
- 1/4 tsp coarse ground pepper
- 1/4 tsp olive oil
- 3-4 second spray, olive oil cooking spray
- 1-1/2 tsp balsamic vinegar

#### Balsamic Glaze:

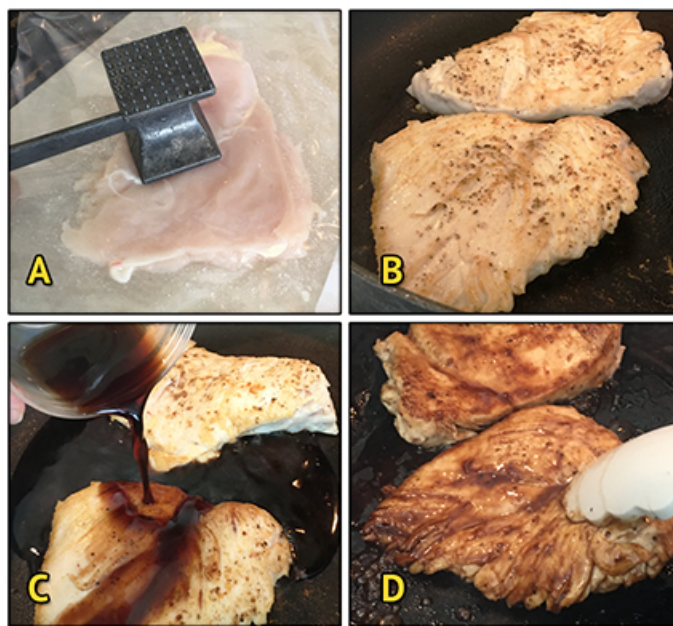
- 2-1/2 Tbsp balsamic vinegar
- 2 Tbsp red wine vinegar
- 1 Tbsp sugar free pancake syrup
- 1 tsp 0 calorie sugar replacement (I used lakanto monkfruit)

#### Additional Ingredients:

- 4 slices thin sliced provolone cheese (see notes)
- Lettuce, whichever variety you prefer.

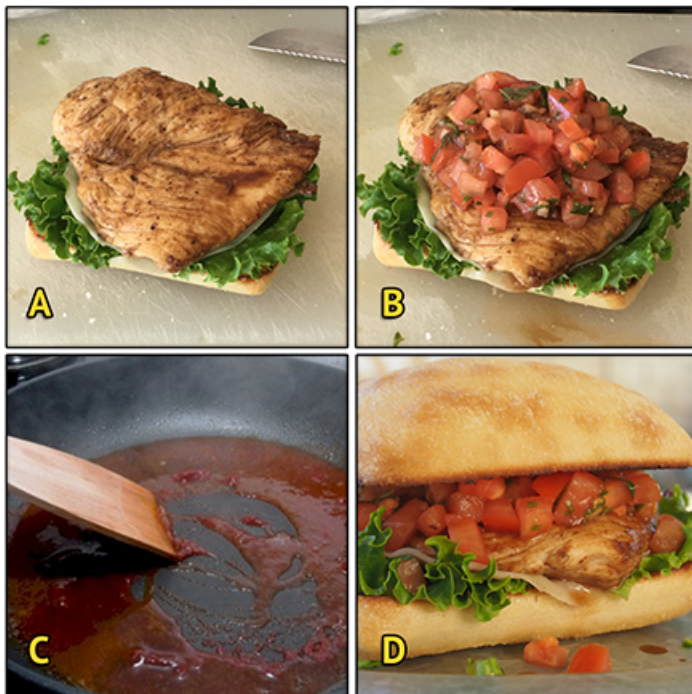
### Directions:

- 1 Mix together all of the ingredients for the bruschetta. Place in a bowl, cover with plastic wrap and set in the fridge for at least an hour.
- 2 In a small bowl, stir together the balsamic glaze ingredients. Set aside.



- 3 (A) Lightly pound the chicken breasts to make them a little larger and help them cook more evenly. (B) Heat a pan for 1 minute over medium heat. Season chicken with salt and pepper, spray with cooking spray on both sides, then add to the pan. Cook over medium heat for 2 minutes, flip, then cook for 2 additional minutes. (C) Pour the balsamic glaze into the pan with the chicken. Allow the chicken to cook for 1 minute, moving it around the pan. (D) Flip the chicken and cook for 1 more minute, coating with the thickened sauce. Set aside.





### NOTES & SUGGESTIONS:

- **BRUSCHETTA:** I always joke that Bruschetta is just the Italian version of Pico de Gallo. This is a simple, no frills Bruschetta recipe. You can bulk it up if you'd like, by adding some diced onion, or more tomato.
- **BALSAMIC GLAZE:** This is my low point take on a Honey Balsamic pan sauce. Rather than using honey, I'm using sugar free pancake syrup. Feel free to use regular maple syrup, or even to use honey... but adjust your points.
- **CHEESE:** 1 slice of thin sliced sargento brand provolone is 1 point and 40 calories. NORMAL sliced provolone is usually 3 to 4 points per slice. If you can't find thin sliced provolone cheese at your supermarket, go to the deli section and ask them to slice some provolone for you, as thin as possible. Then when you get home, weigh a slice on your food scale and trim a little off, just like in the "cut the cheese" hack in the foundations section.

- 4 (A) Toast your bread o' choice, then place some lettuce onto the bottom bun, followed by a slice of the provolone cheese. Set one of the glazed chicken breasts on top of the cheese, then get your bruschetta out of the fridge. (B) Place a 1/4 cup scoop of bruschetta on top of the chicken, arranging it into a nice mound. (C) Now, heat up the pan you used to cook the chicken in. Pour in a little water, to deglaze the pan and create a little more thickened balsamic sauce. Drizzle some of the sauce onto the bruschetta on each sandwich. (D) Cover with the top bun.





# Chicken Club

Pan seared chicken breasts, with sliced tomato, lettuce, bacon and a dijon mayo dressing on a toasted bun

I was making my wife a sandwich for dinner, but all we had in the fridge was a tomato, leftover lettuce and 2 pieces of bacon. We've all been there. You open the fridge and feel like you're on an episode of 'Chopped'. So... an easy, tasty, no fuss BLT with chicken, seemed to be the right call. I decided to use a dijon mayonnaise spread, rather than just plain mayo, to kick the sandwich up a bit. After all, 'simple' doesn't have to mean boring.

## Servings Info.:

Yields: 4 sandwiches

Servings: 4

Serving Size: 1 sandwich



- last checked 02/09/24 -  
Listed Points **DO NOT INCLUDE BREAD!** Use  
whatever brand bread you want, then add my points to it.

## Ingredients:

### Chicken Breasts:

- Ok, here's the deal. you can use 4 slightly pounded, medium sized chicken breasts for this sandwich. The reason mine (pictured) were made using teeny little chicken tenderloins, is because I made this during COVID shutdowns and all the grocery store had was those tiny lil chicken strips. Now that we can all get groceries again... I'd use 1 medium breast per sandwich. Same cooking process applies.
- 1/4 tsp baking soda, dissolved into 1 tsp water.

### Dijon/Mayo spread:

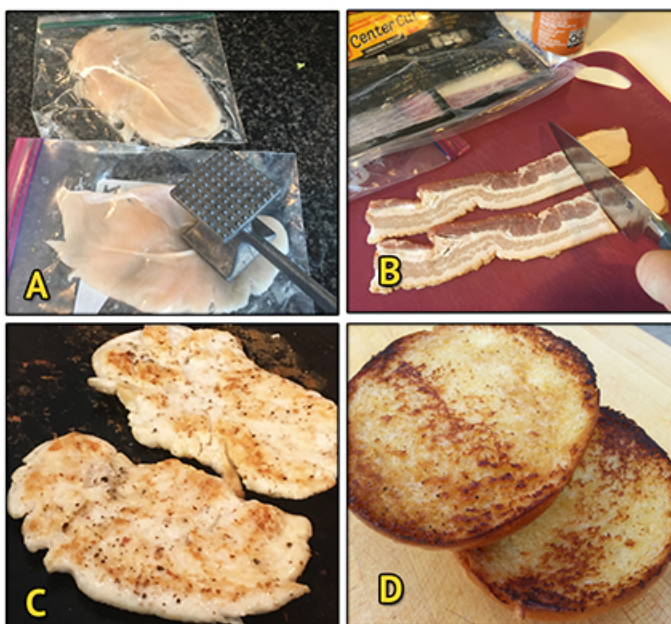
- 1/2 cup plain fat free Greek yogurt
- 1 tsp light mayonnaise
- 1-2 Tbsp dijon mustard, to taste
- 2 tsp white wine vinegar
- 1/8 tsp salt
- 1/4 tsp cracked black pepper

### Additional Toppings:

- 8 slices of Oscar Mayer Center Cut Bacon... IMPORTANT:
  - Take your 8 slices and CUT OFF the end 1/4 from each piece. It will leave you with a 'true' total of 6 slices. Trust me. 8 slices minus (8) 1/4's = 6 slices.
- 1-2 Tomato slices per sandwich, your preference
- Any lettuce or green-leafy-variety-type-thingie o' choice, I used Iceberg lettuce for the classic crunchiness of it.

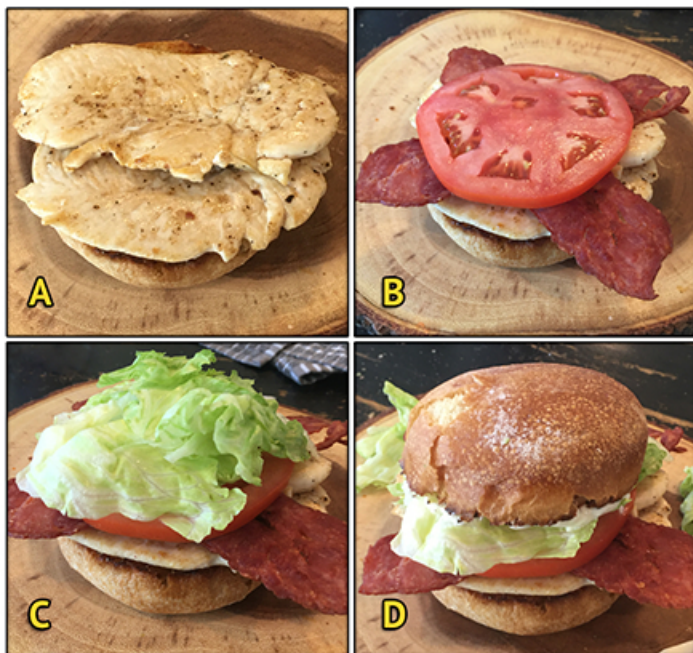
## Directions:

- 1 Mix all of the dijon mayo ingredients together till well combined. Set aside.



- 2 (A) Place your chicken into plastic bags and use a kitchen mallet, small pot, or whatever, lightly pound them a little bit thinner. Place all the chicken into a bowl and rub with baking soda solution. Let sit for 20 minutes. (B) Slice 1/4 off of each piece of the 8 bacon strips. Save the cut pieces in the fridge, for later use. Cook the long strips till crisp, pat dry to remove all oil, set aside. (C) Season chicken with salt and pepper, preheat a pan for 2 minute over medium heat, then add the chicken. Cook till done, then set aside. (D) Toast your buns, set aside.





- 3 (A) Spread a thin layer of dijon/mayo spread onto the bottom bun, then place the chicken onto the bun. (B) Cross 2 pieces of the cooked bacon over the chicken, then top with sliced tomato(s). (C) Place some lettuce on top of the tomato, then spread some more dijon spread onto the top bun. (D). Place your toasted top bun onto the lettuce. Done.

## NOTES & SUGGESTIONS:

- **CHICKEN:** As noted... When I made this sandwich back in 2021, there were grocery shortages everywhere. Hence, why mine is pictured with 2 thin chicken tenderloins. We're out of that stretch of suckiness now... so I'd recommend using 1 medium sized chicken breast for each sandwich.
- **DAIRY FREE MAYO SPREAD:** Want to make this, but you're allergic to dairy and can't have the mayo or yogurt? No problem. A low point fix is as easy as simply blending 1/2 cup of semi-firm (medium) tofu with 2-3 Tbsp of water. Add a little splash of lemon juice to help give it some tang. Is it exaaaactly like mayo and yogurt? No. But, it's a good low point substitute for folks with allergies.
- **BACON:** I used 'regular' Oscar Mayer Center Cut bacon. Use whatever brand you want, but make sure you don't purchase 'thick cut' centercut, otherwise the points go up per slice.
- **LEFTOVER BACON?:** The AWESOME thing about having those leftover 1/4 slices of center cut bacon, is what you can do with them. I usually cook them all, pat them dry and put them in a ziplock bag in the freezer. If you ever want a 0 point, tasty addition to a dish, thaw one out, chop it up, and there you go... a 1/4 slice is 0 points.
- **VANISHING BACON?:** You may be wondering why the nice picture on the left page doesn't have any bacon in it. Well, that pic happened by accident. I made the sandwich, took the picture below (*with bacon*), then had to remove the bacon for my wife... she doesn't like it on sandwiches. When she sliced it open, to eat it, she said "hey, this'd be a nice picture!" Of course, she said that right as I had stuffed her 2 unwanted pieces of bacon into my mouth. So, there's no bacon in that pic... use your imagination. Thankfully, because I live in California, I can state that my chicken club sandwich self-identifies as having bacon in both pictures. Woot.





# Chicken Cordon Bleu

A snooty, French entree with breaded chicken, sliced ham and swiss cheese, made into a sandwich

I decided to go a little non-traditional with the sauce on this sandwich, to save points. The flavor is just as good and cuts the heck out of the calories. In this version, we're using my low carb. breading recipe to coat and bake chicken breasts. They are then covered with sliced deli ham, thin sliced swiss cheese and tossed back into the oven till it melts. Finally, the sandwich is finished off with a good dollop of a sweet, creamy dijon mustard spread. Viva la France!

## Servings Info.:

Yields: 4 sandwiches  
Servings: 4  
Serving Size: 1 sandwiches



R - D

3-3

- last checked 02/20/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever brand bread you want, then add my points to it.

## Ingredients:

### Chicken Breasts:

- 4 medium sized chicken breasts
- 1/4 tsp baking soda dissolved into 1 tsp water

### Breading Process:

- Prepare the bread crumbs and egg wash, following the steps for dusting & low carb breading, on pages 37-39.

### Maple Mustard Dressing/Sauce:

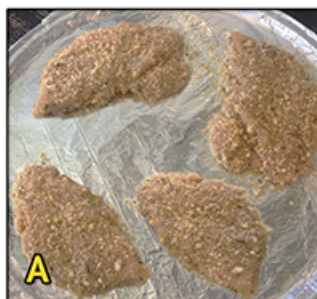
- 1 batch of my Maple Mustard Dressing, recipe on pg. 22

### Additional Toppings:

- 12 slices thin sliced deli ham (or up to 4 points worth of sliced ham)
- 4 slices of light, thin sliced, or reduced fat swiss cheese (see notes)\*\*

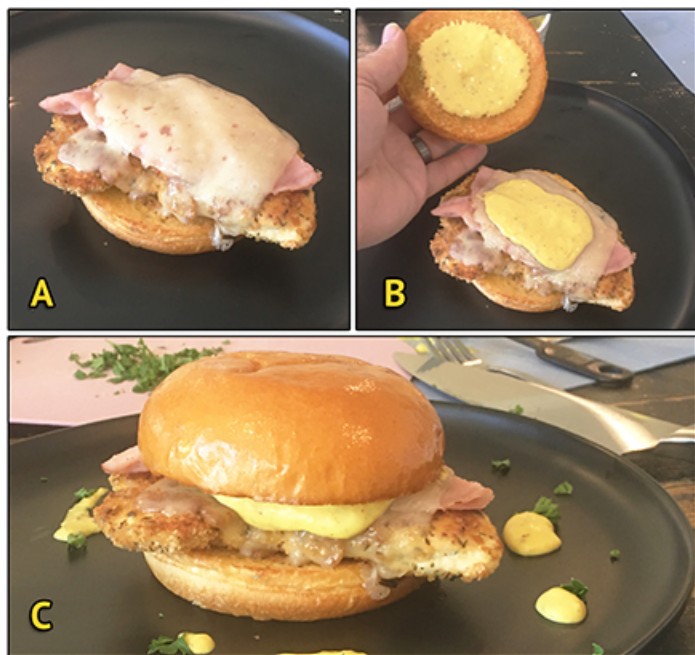
## Directions:

- 1 Rub the baking soda solution over the chicken breasts, then set aside for 20 minutes. Pat dry, season with salt and pepper on both sides, then get ready for breading.
- 2 Follow the steps on pg. 39 (low carb breading) to dust the chicken with flour, then bread with the low carb breading.



- 3 Preheat oven to 425 degrees. (A) Place the breaded chicken onto a foil lined pan and spray both sides with cooking spray. (B) When the oven IS up to temperature, bake the chicken at 425 degrees 14 minutes. Flip, spray with more cooking spray, then bake 5-6 more minutes, or until golden brown. (C) Remove from oven, place 3 slices of ham onto each piece of chicken, followed by a slice of Swiss. (D) Lightly hit the top of the cheese slices with cooking spray, then bake for 1 more minute, till the cheese is softened/beginning to melt.





- 4 (A) Toast your bread/buns o' choice, then place one of the baked chicken breasts on the bottom bun. (B) Scoop one Tablespoon of mustard sauce on top of the melted Swiss cheese, then spread one more Tablespoon of mustard sauce onto the top bun. You don't want to dollop both scoops onto the cheese, otherwise it'll look like a can of pale yellow paint got dumped on your sandwich, once you put the top bun on. So, dollop the first scoop onto the chicken/cheese, then spread the 2nd across the top bun. (C) Place the top bun onto the sandwich, done. Don't forget to clean off your kitchen counter before taking a picture of your sandwich... unlike me.

## NOTES & SUGGESTIONS:

- **CHICKEN:** You can use chicken breasts as large, or as small as you'd like. However, if you use really large chicken breasts, this sandwich is going to look ridiculous... Like a giant chicken breast wearing a little teeny top hat. In the picture, I used what I'd consider a medium sized breast.
- **MAPLE MUSTARD?:** (whiny voice) "But... but... what about Honey Mustard?" Simple, honey has more points in it than a grad-school student's Powerpoint presentation. Sugar free pancake (maple) syrup doesn't. It's common knowledge by now, my recipes lean towards being reduced sugar and sugar free in nature... because (1) Points, and (2) Diabetics. You can use a low point honey mustard dressing, like G. Hughes, if you'd like. If you do, adjust your points.
- **BREADING:** As stated, my breading is utilizing my low carb breading recipe, which calls for you to toast, then crush, 1 point sliced bread (keto or other low calorie bread slices).
- **HAM:** Different brands of sliced deli ham have different calorie counts and points per serving. Scan the packages. You want to have around 4oz for 3-4 points.
- **CHEESE:** 2 slices of Sargento brand thin sliced swiss cheese are 3 points. NORMAL thickness swiss cheese is usually 3-4 points PER SLICE. So, it gives you options. You can use 1 thin slice per sandwich, like I did, which makes the points for the cheese 1 point for 1 slice, 3 points for 2 slices, 4 points for 3 slices and 6 points for 4 slices. Or, you can simply scan different brands of Swiss cheese, use whatever you want, and adjust the points of the recipe. Either way... it's a low point sandwich. You can also go to the deli counter at your supermarket and ask them to slice you some swiss cheese, AS THIN AS THEY POSSIBLY CAN!!!







# Chicken Parmesan

Breaded & baked chicken breast with provolone cheese, marinara and a roasted garlic spread

Back in my 'old days,' when I wanted to gorge on an indulgent sandwich, I'd wait till my wife was gone and I'd order a chicken parm. sandwich from a nearby pizza shop. THIS version is just as delicious and much healthier. We're lowering the fat & calories by using our own low carb breadings, thin sliced provolone and cooking it all without oil. Then, for even more flavor, we're roasting cloves of garlic then spreading it on each of the buns.

## Ingredients:

### Marinara Sauce:

- 1 batch of my "5 minute marinara sauce", recipe on page 16

### Low Carb Breading:

- Prepare the bread crumbs and egg wash, following the steps for dusting & low carb breading, on pages 37-39.

### Roasted Garlic Spread: (make ahead)

- 12 garlic cloves, skin on, 1 side trimmed off (see pic 3A)\*\*
- 1/4 tsp olive oil\*\*
- olive oil cooking spray\*\*
- 2 tsp water \*\*\*
- 2 Tbsp plain fat free greek yogurt
- 2 tsp white wine vinegar (or distilled white)
- 1/2 tsp garlic powder
- pinch of salt and pepper

### Chicken:

- 4 boneless skinless chicken breasts
- 1/4 tsp baking soda, dissolved in 1 tsp water

### Additional Ingredients:

- 4 slices of "ultra thin" deli sliced provolone cheese, such as sargento brand.\*\*\* (see notes)
- Fresh basil leaves

## Directions:

1. Prepare 1 batch of 0 point marinara sauce, set aside.
2. Prepare the flour, crumbs and egg wash, as instructed on pages 37-39. Set aside.

## Servings Info.:

Yields: 4 sandwiches

Servings: 4

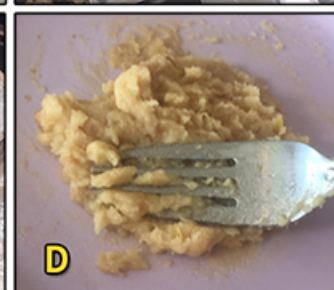
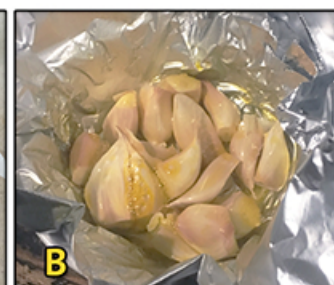
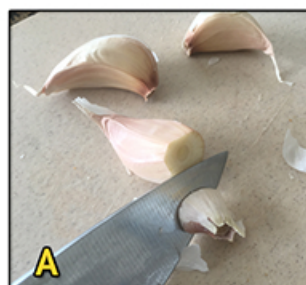
Serving Size: 1 sandwich



R - D

3-3

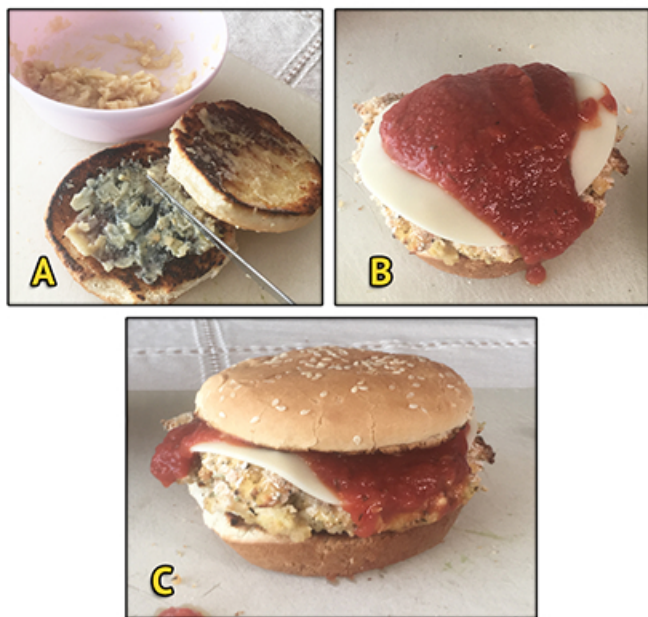
- last checked 02/20/24 -  
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.



3. Preheat your oven to 375 degrees. (A) Slice the end off of the fresh garlic cloves, still in the skin. (B) Place all of the garlic into a pouch made of tin foil, then drizzle in the olive oil and spray into the pouch with a good amount of cooking spray, toss to coat. Close the foil pouch and bake at 375 degrees for 40 minutes. (C) Remove from oven, open pouch and let cool for 10 minutes. Pick up each garlic clove and gently squeeze the back end, which will cause the roasted garlic to pop out. Place all cloves onto a dish. (D) Add 2 tsp water to the garlic cloves, then mash with a fork. Mix the mashed garlic with the yogurt, vinegar, garlic powder, salt & pepper. Place into a cup, cover with plastic wrap. Set aside.



- 4 Preheat oven to 425 degrees. Bread your chicken breasts as shown on pages 38-39. Place the breaded chicken onto a foil lined pan and spray both sides with cooking spray. When the oven is up to temperature, bake the chicken at 425 degrees for 14 minutes. Flip, spray with more cooking spray, then bake 5-6 more minutes, or until golden brown.
- 5 Remove from the oven, place 1 slice of cheese on top of each chicken breast, then place back in the oven for 1-2 minutes, or till the cheese starts to melt. Done.



- 6 To assemble the sandwiches, (A) spread some of the mashed garlic mixture onto the bottom bun. (B) Then, place one of the hot chicken breasts with melted provolone onto the bun, followed by a scoop of warm marinara sauce. (C) Finally, spread a little bit more of the garlic spread onto the top bun.

#### NOTES & SUGGESTIONS:

- **POINTS:** Though it says the first serving's is 3 points, that's not really true. That takes into account the ingredients for ALL 4 sandwiches. If you are only making 1, the filling is 2 points. 1 for the breading and 1 for the 1 single slice of ultra thin sliced provolone cheese.
- **CHEESE:** 1 slice of thin sliced sargento brand provolone is 1 point and 40 calories. NORMAL sliced provolone is usually 3 to 4 points per slice. If you can't find thin sliced provolone cheese at your supermarket, go to the deli section and ask them to slice some provolone for you. Tell them you want **VERY** thin slices, not regular thickness.
- **MOZZARELLA:** If you don't want to use provolone cheese, you can use 3 Tbsp of shredded part-skim milk mozzarella cheese per sandwich. The first sandwich will have 3 total points for the filling. 1 for the breading, 2 for the shredded mozzarella.
- **MARINARA:** No, you don't have to use my marinara recipe. Use whatever you want, as long as it's 0 points. Mine is fast, quick and pretty danged good though, for only taking 5 minutes.







## Chick Fil A copycat

Though a pretty plain & simple sandwich, this baby'll totally make you want to "Eat Mor Chikin".

Full disclosure... the only reason that I made this sandwich was because I was stuck at home, during COVID lockdowns and had no produce in our fridge. I wanted to make a chicken sandwich and realized "Hey!!! Other than dill pickle slices, a Chick Fil A original sandwich has nothing else on it!!! Woohoo!" It was one of those moments when the stars align and you end up with dinner, after not thinking you'd be able to make anything. A major reason that I'm happy to present this, my ww-erized version of their original sandwich, is because it will encourage people to try out my copycat sauce. Why? Because a small "to go" packet of chick-fil-a sauce is 7 points, while you can have an ENTIRE CUP of my sugar free version for only 1 point. Though I don't encourage you to chug it like a smoothie, I know some of you might.

### Servings Info.:

Yields: 4 sandwiches  
Servings: 4  
Serving Size: 1 sandwich



R - D  
2-2

- last checked 02/21/24 -  
Listed Points **DO NOT INCLUDE BREAD!** Use  
whatever brand bread you want, then add my points to it.

### Ingredients:

#### Chicken: (see notes)

- 4 boneless skinless chicken breasts, slightly pounded
- 1/4 tsp baking soda, dissolved with a 1 tsp water
- 2-3 Tbsp jarred dill pickle juice (optional)

#### Chick-Fil-A copycat sauce:

- Prepare a batch of my "Chick Fil A" sauce, recipe on page 17

#### Low Carb Breading:

- 1 batch of the flour for dusting, low carb bread crumbs and egg wash, as directed on pg 37-39

#### Additional Ingredients:

- Dill pickle slices, as many as you want
- Butter flavored cooking spray (optional)

### Directions:

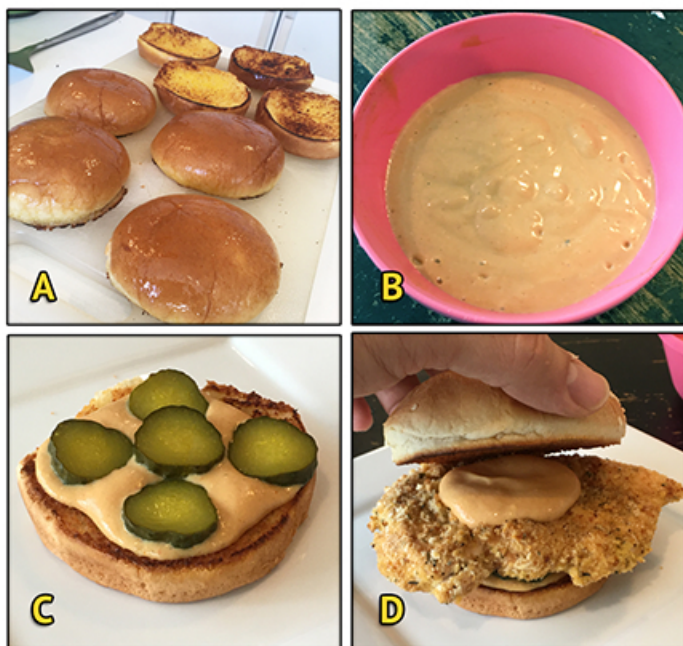
- 1 Prepare a batch of my low carb breading. Set the dry ingredients in one shallow bowl and then beat the eggs in another. Store the egg wash in the fridge, till ready.
- 2 Prepare the Chick Fil A copycat sauce, set aside in the fridge.



- 3 Turn on your oven to 425 degrees. (A) Mix together the baking soda/water and pickle juice... yes, it's ok that it's going to start bubbling like a 4th grade science project. Rub it all over the chicken and set them aside for 20-30 minutes. (B) Dust both sides of chicken with flour (see pg. 37), then dip each chicken breast into the egg wash, then into the bread crumbs, coating each side. (C) Place chicken on a foil lined pan, sprayed with cooking spray. Lightly spray the top of the chicken with cooking spray as well. Repeat till all chicken is breaded. (D) When your oven is up to temperature, bake the chicken for 14 minutes. Flip the chicken, then bake for another 5-6 mins. Remove from oven.



- 4 While the chicken is in the oven, toast your hamburger buns or preferred bread.



- 5 To assemble the sandwiches, (A) spray the 'inside' of your top and bottom buns with butter flavored cooking spray (B) then take your snazzy copycat sauce out of the fridge. (C) Smear a dollop of the sauce onto the bottom bun, followed by a few of the sliced dill pickles. (D) Place one of the breaded chicken breasts onto the pickles, followed by another dollop of sauce. Finally, top each sandwich with a glorious crown of toasted, fluffy carbs.

### NOTES & SUGGESTIONS:

- **BAKING SODA??:** Believe it or not, adding a little dissolved baking soda into your chicken marinades actually tenderizes the bajeezus out of chicken breasts. It'll freak you out in this marinade, because it'll react with the vinegar in the dill pickle juice, but the fizzin' will stop in about 15 seconds.
- **SAUCE:** The points for this recipe take into account that each sandwich gets 3 Tbsp of sauce on it. However, you can definitely use more sauce, if you'd like. Adjust points if necessary. They'll only change if yogurt has points for you.
- **DRESS IT UP:** The original sandwich, available at all of their restaurants, is simply buttered buns with pickles and a breaded chicken breast. It's good, but plain and boring. Sorry Chick-Fil-A lovers... a sandwich consisting of a piece of chicken and pickles alone, is boring. Here, we're dressing it up with 2 good dollops of copycat chick-fil-a sauce!
- **DELUXE SANDWICH:** If you want to turn this into a low point version of the Chick Fil A "Deluxe" sandwich, simply add some lettuce and sliced tomatoes on top of the pickles, then a slice of cheddar cheese on top of the chicken.
- **SPICY SANDWICH:** Want to make it a healthier version of their "Spicy Deluxe Sandwich"? Add 2 tsp of cayenne pepper and 1 tsp of paprika (for color) into the dry ingredients for the breading. Then, when making the 'deluxe' version above, use a slice of pepper jack cheese, instead of cheddar. Congratulations, folks... you've saved yourself over 10 points by making MY version of these sandwiches.





# Chili Cheeseburger ("Tommy's Original" copycat)

Inspired by the famous "Tommy's" Chili Cheeseburger. But, mine's muuuuuuuuuuch healthier.

Here in California, there's a chain of drive-thru burger joints called "Tommy's Original", that's considered an institution. I promised @mariarachael12, back in 2019, I'd make her a healthier version. The only thing that really needed to be modified was their chili con carne recipe. My version is heavily docked up and uses 99% fat free ground turkey instead of ultra fatty ground beef and grease. It's not the exact same, obviously, but my version tastes nearly as good as the original, but with over 50 fewer grams of fat and nearly 500 less calories. Plus... unlike the original, mine doesn't act like liquid plumber. for your G.I. System.

## Ingredients:

### Savory Ground Turkey Patties \*\*

- 3/4 lb batch of my Savory Ground Turkey, recipe on pg 26

### Modified Chili con Carne, no beans:

- 1/2 lb 99% fat free ground turkey (the ENTIRE recipe uses 1-1/4 lbs) (can include the leftover 1/4 pound 'savory' meat, from above)
- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 tsp ground cumin
- 2 tsp masa harina, or masa instant masa mix (see notes)\*\*\*
- 1 Tbsp Hershey's unsweetened cocoa powder (trust me)
- 1 tsp worcestershire sauce
- 3/4 cups fat free beef broth
- 1/4 cup tomato sauce
- 1-1/2 tsp balsamic vinegar... Listen, Nancy... just do it!

### Additional Ingredients:

- Sliced dill pickles
- 1 large tomato, cut into thin slices
- Traditional yellow mustard
- 1 medium white, or yellow onion, diced
- 4 slices low point American cheese. I used Velveeta originals. Though, if you can find them, use Borden's fat free cheddar slices. They are 1 point for 2 slices, where velveeta is 3 points for 2 slices.

## Servings Info.:

Yields: 4 burgers

Servings: 4

Serving Size: 1 burger



R-D  
2-2

- last checked 02/22/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever bread you want, then add my points to the bread.

## Directions:

- 1 Mix together the 'savory' ground turkey. Form into (4) 3oz patties. Set aside to rest for 20-30 minutes.



- 2 (A) Ok, the process for this chili is going to freak you out, but just roll with it. Place ALL of the chili ingredients into a small pot. Whisk it all together, to break up the meat. I know full well that it looks gross, just trust the process. Bring the mixture to a boil, then reduce the heat slightly. Simmer for 5-6 minutes, whisking the entire time. (B) Cook until you are left with a cooked down chili with a finely ground texture. It will look nearly identical in texture to regular 85% FATTY ground beef, that's been cooked down. Remove from heat, set aside. Season with more salt, pepper, chili powder, or cumin, to taste... if desired.



- 3 Preheat a large pan over medium heat for 1 minute, till water sizzles on its surface. Spray cooking spray into the pan and cook your 4 rested burgers for 2-1/2 minutes. Flip the patties and cook for 2 more minutes. With 1 minute left, top the patties with a slice of low point american cheese, add a little water into the pan and immediately cover with a lid, letting the steam melt the cheese. TA DA!



- 4 To assemble the burgers, first toast the buns, then (A) place a cheeseburger patty onto the bottom bun, (B) followed by a generous scoop of chili, topped with some diced onions. (C) Next comes some dill pickle slices, covered by a tomato slice. (D) Lastly, smear some yellow mustard on top of the tomato, then finish it up with the top bun. Done. I know it looks weird, but that's how "Tommy's" makes their burger, and this is a copycat version.

*WOOT!!! You now have a Tommy's chili cheeseburger that won't have your G.I. system doing cartwheels like a Russian gymnast!*

## NOTES & SUGGESTIONS:

- **CHEESE:** Use any brand of "LOW POINT" sliced cheese you want. I used Velveeta Originals because they are 1 point for 1 slice, 3 points for 2, and most people have access to them. Use whatever low point brand you can find and adjust your points. If you can find Borden Fat Free Cheddar Slices, those are 4 slices for 3 points.
- **CHILI:** Honestly, other than the chili, this is just a plain burger. I will admit, this is a really freakin' weird way to make chili, but just roll with it. You do NOT have to strictly adhere to my cook times. Once it comes to a boil, cook down to the consistency that YOU want. If you cook it too long and it gets too thick, simply stir in some more beef broth, then adjust the seasonings if needed. The reason we're doing it like this, is because Tommy's chili doesn't have big chunks of meat, unlike regular chili. It's almost like a malleable chili paste, where the meat is very finely ground, due to the tremendously high amount of fat in their mixture. The best way I've found to accomplish that with 99% fat free ground turkey, is with this "whisk it together with A LOT of added wet stuff" method.
- **CHILI COMPROMISE:** You can use MY chili con carne recipe if you want, from pg. 167, or use any canned chili... but adjust your points, if necessary.
- **THE POSITIVE:** Regular Tommy's chili is insanely thick and greasy, can be used to fill holes in drywall, and runs through the human body like water from a well in Tijuana. I'm happy to report that this healthier, lower fat version, doesn't
- **SINGLE BURGER POINTS:** The listed "2" points for the filling of 1 cheeseburger, isn't accurate. In reality, it's supposed to be 1 point. Due to adding all the points for all 4 slices of cheese together, for all 4 burgers, it lists the first burger's filling as being 1 point. When in reality... it's only 1 single point. 1 point for the 1 single slice of cheese.
- **MASECA:** Maseca, or Ma Se Ca "instant corn masa" mix, is a finely ground corn flour... NOT CORN MEAL, that can be found in the mexican food aisle of your grocery store. It is used to make tamale dough (masa) or tortillas. It acts as a thickener in this recipe, as well as imparting an earthy flavor. If you can't find it at your local stores, you can use regular corn flour (not cornmeal). If you can't find either... then you can skip it. Don't stress out if you can't find it. If you DO use it, you could teeeeeechnically call this a Latin burger and make it for Taco Tuesday. 🌮🇲🇪







## Chimichurri Chicken Sandwich

Tender Chicken Breast Sandwich, Bursting with Latin Flavors and Textures

This is an EXTREMELY flavorful chicken sandwich, loaded with marinated chicken breast, roasted red bell peppers, thin sliced onions, feta cheese and an entire 1/4 cup of creamy, skinnied-down Argentinian chimichurri spread.

### Servings Info.:

Yields: 4 sandwiches

Servings: 4

Serving: 1 sandwich



R - D

2-3

These points **DO NOT INCLUDE THE BREAD!!**  
These are the points for the 'FILLING', what goes IN the sandwich. Use whatever bread rolls you want, then add THESE POINTS (the filling) to your bread of choice.

### Ingredients:

#### Chicken:

- (4) 5oz boneless skinless chicken breasts
- 1/4 tsp baking soda, dissolved in 2 tsp water

#### Creamy Chimichurri Spread/Dip: (makes 1-1/4 cups)

- 1 cup flat leaf (Italian) parsley, chopped, loosely packed
- 1 cup cilantro, chopped, loosely packed
- 1-1/2 Tbsp capers, drained
- 2 Tbsp red onion, diced
- 2 medium garlic cloves
- 1/2 tsp fresh oregano (or 1/8 tsp dried)
- 5 Tbsp red wine vinegar
- 3 Tbsp lemon juice (or lime)
- 1/2 tsp salt
- 1/8 tsp red pepper flakes, to taste
- 1/4 tsp black pepper
- 1 Tbsp 'robust' olive oil (see notes)
- 6 second spray, olive oil cooking spray
- 2/3 cup plain fat free Greek yogurt
- additional water, if needed, if it's too thick

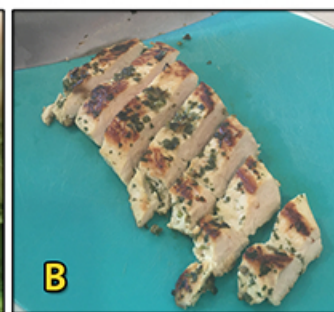
#### Additional Ingredients:

- Lettuce or mixed greens, any variety, your choice
- 16 oz jarred roasted red bell peppers, in water. Or... you can roast some yourself. Either way works.
- 1 small red onion, sliced into thin rings
- 6 Tbsp reduced fat feta cheese crumbles

### Directions:



- 1 (A) Add all of the chimichurri ingredients into a food processor or large capacity blender. (B) Pulse a few times until the sauce is creamy, yet still has chunks of the herbs (see sandwich pic, above). Cover and set aside for AT LEAST 1 hour. The longer it sits, the better it gets.



- 2 (A) In a large bowl, mix together the chicken breasts, baking soda solution and 1 Tbsp of the chimichurri sauce. Cover and let rest for 20 minutes. (B) Heat a pan over medium heat, till water droplets immediately start to sizzle and evaporate on it's surface (about 1-1.5 mins). Spray pan with cooking spray, then place chicken onto the pan. Cook, without moving the chicken, for 4 minutes per side. Remove from pan, let rest for 5 minutes, then cut into thick slices. Set aside. (Though I sliced my chicken, you can leave yours whole, if you like. Don't mind me.)



- 3 If desired (I recommend it), toast the buns/bread you plan to use. I used ciabatta rolls. French bread hoagie rolls would work too.



- 4 (A) Get all of your veggies and toppings set up and ready for a gratuitous ingredient picture. (B) Smear 2 Tbsp of chimichurri onto the bread, followed by a mound of lettuce or greens o' choice. Then, arrange cooked, sliced chicken strips on top of the greens. (C) Over the chicken, lay out a couple of the roasted red bell pepper slices, followed by a few of the thin sliced red onion rings. Next, spread 2 more Tablespoons of chimichurri over the onions. (D) Sprinkle 1-1/2 Tbsp of the reduced fat feta cheese on top, then, carefully place the top buns onto your sandwiches. Done.

## NOTES & SUGGESTIONS:

- **CHICKEN COOK TIME:** My cook time is assuming you have preheated your pan, so that a drop of water on the pan's surface IMMEDIATELY starts sizzling and evaporates (over medium heat). If you want a nice sear like pictured in 4B, don't move the meat. For thicker chicken breasts, I'll cook them for 3-1/2 to 4 minutes per side. For thin-cut chicken breasts I'll go with 2-1/2 minutes per side.
- **CHIMICHURRI:** I'm REALLY not kidding. After you make the spread, you have to let it sit for at least an hour. The longer it sits, the softer all the bits of parsley and cilantro become. Eat it too soon, and it doesn't taste as good.
- **FETA:** I personally use fat free feta, but a lot of folks don't have access to it, so... my points are factored using reduced fat feta instead, which is 4 points for 6 Tbsp.
- **THE BREAD!!!!!!:** As noted, the points for my recipe DO NOT INCLUDE the points for the bread. I want you to be able to use WHATEVER brand or type of bread you want for this sandwich. Add my points to your bread's points. Example: When I made my first version of this sandwich, I used a French bread hoagie roll (7 points of bread). It tasted great, but the pictures didn't look nice. So... I made the sandwich again, using a 6 point ciabatta roll. Using the hoagie roll, it was a 9 point sandwich for me. (7 points bread plus 2 points for my 'filling'). Using the ciabatta roll, it was an 8 point sandwich. (6 for the bread, 2 for the 'filling')
- **PESTO VERSION:** Want to try a quick little tweak for this recipe? Replace the chimichurri sauce with my low point pesto sauce (cookbook 1, pg. 84) and. Boom!! You'll have an Italian chicken pesto sandwich, just by swapping the sauces.
- **ROASTED RED PEPPERS:** As noted, you can use jarred roasted red peppers, in water. Or... roast fresh ones yourself.







## Country 'Fried' Burger

Breaded and Baked Burger Patty, Made TWO ways: (1) As a Savory Burger and (2) as a Breakfast Burger

For this baby, I wanted to try and make a fun burger version of 'country fried steak', but healthier. I breaded and baked a turkey burger patty, then made 2 versions: a savory lunch/dinner version, then a breakfast version with eggs and black pepper pan-gravy. *Instructions for the breakfast version are on the 2nd page.*

### Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burgers



*- last checked 02/22/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever buns you want, then add my points to them.*

### Ingredients:

#### Burger Patties:

- Savory Version: 3/4lb batch of my 'savory' mix, recipe on pg 26
- Breakfast Version: 12oz batch of my breakfast sausage, pg 24

#### Low Carb Breading: (prepare ahead of time, set aside)

- 1 prepared batch of low carb breading, as shown on pg. 38-39  
The only difference in this recipe is, we'll be 'dusting' and breading burger patties, instead of chicken breasts.

#### Spiced Tomato Jam (savory burger version):

- 1-1/4 lbs (20oz) grape or cherry tomatoes, sliced in half
- 2 Tbsp apple cider vinegar
- 1/4 tsp each: ground cumin, ground cinnamon, smoked paprika, and coarse ground black pepper
- 1/2 tsp salt
- 3 to 4 Tbsp 0 calorie brown sugar replacement, to taste
- pinch of cayenne pepper, to taste

#### Additional Ingredients:

- Lettuce, any type (**savory burger**)
- Thin sliced red onion (**savory burger**)
- Chick Fil A sauce, recipe on pg. 17 (**savory burger**)
- 4 whole eggs (**breakfast version**)
- Pan gravy, recipe on pg. 62 (**breakfast version - SEE NOTES!!!**)

### Directions:

- 1 Prepare the batch of meat mix, set aside for 20 minutes. Form into (4) 3oz patties. Prepare my Chick Fil A sauce. Set aside.
- 2 Add all of the tomato jam ingredients to a mid-sized pot. Bring to a boil, then reduce heat to medium-low and simmer for 20-25 minutes. Cool to room temperature.



- 3 Preheat oven to 425 degrees. (A) Let the formed burger patties rest in the fridge for 10 minutes, to set. Then, take them out and 'dust' both sides (pg. 37). of all 4 patties. (B) Line a baking pan with foil and spray with cooking spray. Dip each of the 4 patties into the egg wash, to coat. (C) After dipping each patty, place it into a dish with the low carb breading and coat both sides with crumbs, then set onto the pan. Repeat till all patties are breaded. (D) Spray both sides of each breaded patty with cooking spray. When the oven is at 425 degrees, bake for 15 minutes on one side, then flip and bake for 5 more minutes. Done.



- 4 Though optional, I highly recommend toasting your buns and scooping out some bread from the top bun



- 5 (A) To assemble: Place some of your lettuce onto the bottom bun, followed by some thin sliced red onions and 2 Tbsp of my chick fil a sauce. (B) Then, place a breaded/baked patty on the sauce, followed by a 1/4 cup scoop of tomato jam. (C) Take your toasted top bun (with scooped out bread) and (D) place it on top. You don't HAVE to scoop out the bread from the top, but if you do, it creates a cavity that contains the mound of tomato jam. If you don't scoop out that bread, once you bite into the burger, the jam will splut out the sides of the bun.

### BREAKFAST VERSION:

- Make your 3oz burger patties, using my breakfast sausage meat mix, instead of 'savory'. Bread and bake as directed in this recipe.
- While the patty is baking, prepare pan gravy (pg. 62), but... **DO NOT INCLUDE THE BRANDY!** Heat up all the other pan gravy ingredients in a small pan, till boiling. Stir and simmer for 3-4 minutes, till thick. **DON'T ADD BRANDY!**
- Scramble 4 eggs (1 per burger) and place over them on top of the finished/baked breakfast sausage 'burger' patties, topping the eggs with some of the pan gravy. (see the bottom picture)

### NOTES & SUGGESTIONS:

- **TOMATO JAM:** Though I use halved grape/cherry tomatoes in my recipe, feel free to use ANY type of tomatoes you want. If you do use larger tomatoes (regular sized or roma) I would strongly suggest not using the tough 'core', found right under the stem. I'd also dice them. Don't be an absolute stickler with my listed 25 minute simmer time. Simmer your tomatoes over medium-low heat, until almost all of the liquid has evaporated and the tomatoes have broken down.
- **CHICK FIL A SAUCE:** If you want to save time and work, you can use dijon mustard INSTEAD OF my chick fil a sauce. However, the flavor is waaaaay more awesome with the chick fil a. If you want to make a quick, easy version to use in a pinch: Mix equal parts of Dijon, no sugar added BBQ sauce and Greek yogurt, with some apple cider vinegar and sweetener. It's not as awesome, but it's a fast chick fil a sauce stand-in you can be mix together in under 2 minutes.
- **BREAKFAST VERSION:** Full disclosure..... I honestly like the breakfast version better than the savory version. It's a delicious breakfast sandwich. I've made the breakfast version for myself multiple times.
- **BURGER PATTY:** As noted, when I make the savory version of this burger, I used my 'savory meat' mix. When I make the breakfast sandwich version... I 1000% recommend following my recipe and making the burger patty out of my breakfast sausage. A 3oz breaded and baked, crispy breakfast sausage patty, covered with eggs and peppery pan gravy tastes freakin' amazingly delicious.







# Crispy Fish Sandwich

My healthy, virtually fat free version of my favorite fast food fish sandwich: The Wendy's Premium Cod Sandwich

I... love... fish sandwiches. Pre-WW, my favorite fast food one was the Wendy's 'premium cod fish sandwich'. It was simple, no frills and delicious. It was the hands-down, best 'big chain' fast food fish sandwich out there. Instead of a deep fried fish filet, my version has a breaded and baked cod filets, topped with lettuce, dill pickle slices and my sugar free, nearly fat free tartar sauce. This recipe gives you all of the flavor of the original, with none of the guilt. Sadly, Wendy's doesn't carry that sandwich anymore and their new version isn't nearly as good. But, thanks to this recipe... it's memory lives on. /wipes a tear.

## Servings Info.:

Yields: 4 sandwiches  
Servings: 4  
Serving Size: 1 sandwich



- last checked 02/23/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever bread you want, then add my points to the bread.

## Ingredients:

### Fish:

- 4 (4-5oz) cod filets, fresh or previously frozen.

### Tartar Sauce:

- 1 batch of my tartar sauce, recipe on pg. 20

### Breading: (prepare breading ahead of time)

- 1 batch of 'low carb breading', as well as flour for dusting, as shown on pg 37-39.

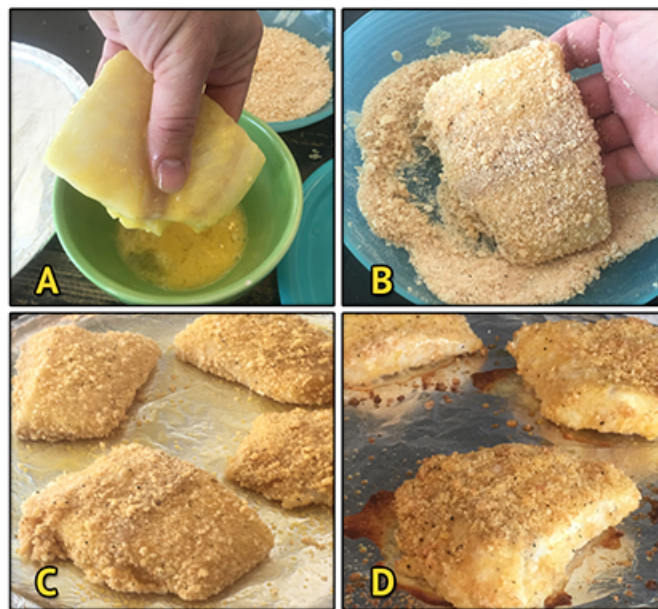
### Additional Ingredients:

- Dill pickle slices
- Lettuce, any preferred variety (I used 'green leaf' lettuce)

## Directions:

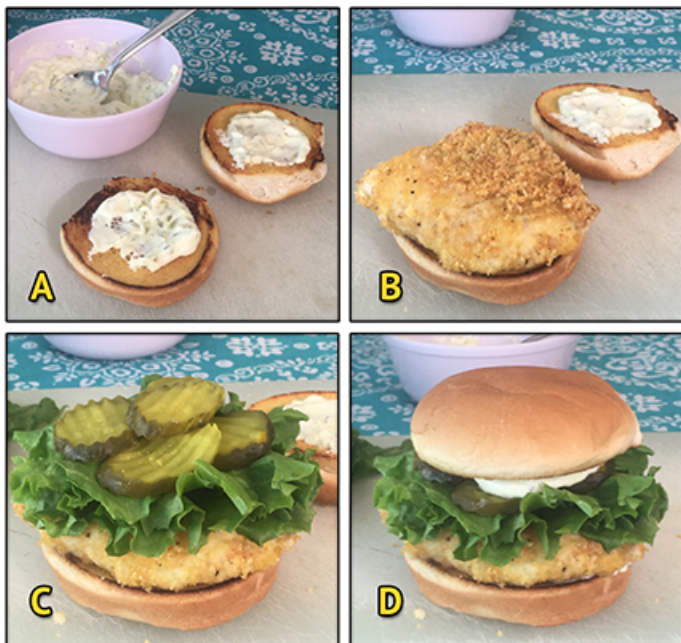
- 1 Prepare a batch of my tartar sauce recipe. Cover and set aside in the fridge.
- 2 Use paper towels to pat dry the cod filets. Seriously, sandwich each of the filets between paper towels and press. You want to get as much extra water out of them as possible. If you don't, the extra moisture will seep into the breading, making it soggy. And just like the Star Wars sequels... soggy breading sucks.

- 3 Turn on your oven, preheating it to 425 degrees. Line a baking pan with foil and spray it with cooking spray. Set aside.



- 4 (A) Dust your patted-dry cod filets with flour, on both sides (see pg. 37). Dredge one of the cod filets in the egg wash, then lift it out of the egg wash and wait a few seconds, to let some of the excess egg drip off. (B) Place the filet into a bowl with the low carb breading, then use your "dry" hand to coat both sides of the fish. (C) Place it on the foil lined pan and repeat till all of the filets are breaded. Spray the tops of the breaded fish with cooking spray, then place in the preheated oven. (D) Bake at 425 degrees for 18-20 minutes. Remove from oven, set aside.





### NOTES & SUGGESTIONS:

- **FISH:** Though I used Cod in my recipe, you can substitute it for any firm white fish that you'd like. I understand that cod's on the pricier side, in some areas. Catfish, pollock, halibut, heck... even thick tilapia filets would work. There are a lot of less expensive options than cod. Ok Halibut isn't cheap either, but you get the idea.
- **FILET O' FISH?:** Remove the lettuce and pickles, then add 1 slice of low point American cheese on top of the filet. BAM... low point, copycat McDonald's fish filet sandwich, for just 1 more point (the cheese). Most importantly though, to get the texture of a Filet O' Fish sandwich right, DO NOT TOAST THE BUNS.... use the 'Quick Steamed Buns' method, from pg. 42.
- **DRESSING:** Though my tartar sauce recipe is the bomb... I know not everyone wants to make it (you savages!). Feel free to use any tartar sauce you want, or you can even use \*gasp\*, ketchup. If you do use store bought tartar sauce or ketchup, remember to adjust your points.
- **LENT:** Just wanted to give a shout out to all of you Catholic homies in the crowd. I may not be one of ya, but I went to 12 years of Catholic School... so, here's your Lent sandwich. You can call it: "The Lentinator". 🙏🥰

- 5 To assemble the sandwiches, toast the buns, then **(A)** spread 2 Tbsp of tartar sauce onto the top bun and 2 Tbsp onto the bottom bun. Yup, each sandwich gets 1/4 cup of tartar sauce. **(B)** Place a baked cod filet onto the bottom bun, then **(C)** top the cod with some lettuce, followed by a few dill pickle chips/slices. I used 5 on mine. **(D)** Finally, top the sandwich with the toasted top bun. Done.





# Enchilada Burger

A tasty, Mexican inspired burger, made to resemble an "ahogado" (drowned) torta, dunked in enchilada sauce

This burger is what happens when I stubbornly decide I want a burger for dinner, despite having all the ingredients on hand, to make enchiladas for my wife's dinner. For my burger, I decided to take a cue from a Mexican 'drowned' sandwich, where they dunk the entire thing, bread and all, in enchilada sauce. For mine, I'm only dunking the actual chorizo burger patty in the sauce, then serving it with shredded cabbage, pico de gallo and a lime crema sauce.

## Ingredients:

### **Burger Patties:** (see notes)

- 3/4 lb. batch of ground turkey "chorizo", recipe on pg 24, set aside to rest for 20 minutes, then formed into (4) 3oz patties.

### **Quick Enchilada Sauce:** (makes 3 cups, 0 points total)

- 15oz tomato sauce
- 1-1/2 cups fat free chicken broth
- 1-1/2 tsp garlic powder
- 1-1/2 tsp onion powder
- 1-1/2 tsp cumin
- 1 to 2 tsp chili powder (to taste, some brands are spicier).
- 1/4 tsp salt

### **Pico De Gallo:**

- 1 cup diced tomato (1 large tomato)
- 3/4 cup diced onion
- 1 Tbsp chopped/diced, canned green chiles. (I used mild, I'm a wimp)\*\*
- 1/2 cup finely chopped fresh cilantro
- 2 Tbsp lime juice
- 1/4 to 1/2 tsp salt, to taste

### **Simple Crema Sauce:**

- 2-1/2 Tbsp plain fat free Greek yogurt
- 1 Tbsp water
- 2 tsp lime juice
- 1 tsp light mayonnaise
- pinch o salt

### **Additional Ingredients:**

- Shredded cabbage
- Additional chopped fresh cilantro, for garnish

## Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger

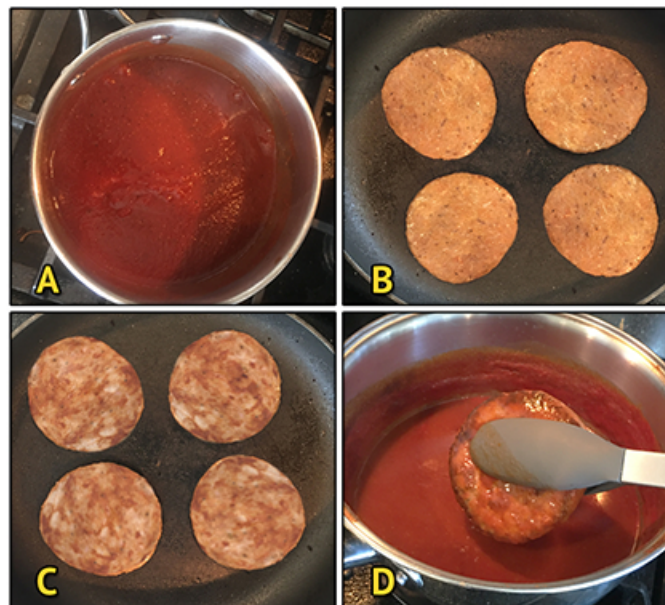


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0-0

- last checked 02/23/24 -  
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points to the bread.

## Directions:

- 1 Combine all of the pico de gallo ingredients together in a bowl. Mix to combine, cover and set aside in the fridge for at least 30 minutes.



- 2 (A) Combine all of the Enchilada Sauce ingredients together in a small pot. Bring to a boil, reduce heat and simmer for 5 mins. Turn off heat, set aside. (B) After the "chorizo" ground turkey has rested and been formed into patties, preheat a pan on medium heat till water sizzles on it's surface. Spray with cooking spray, then (C) cook the patties for 2.5 minutes per side. (D) Take all of the cooked chorizo burger patties and put them in the pot of enchilada sauce. LEAVE THEM THERE. and walk away.



- 3 In a small dish, mix together the ingredients for the "Simple Crema" sauce. Set aside.
4. While all the burgers are resting in the pot o' sauce, toast your buns and lay out all the other ingredients, getting ready to build your burger.



5. To assemble the burger, (A) place a mound of shredded cabbage onto the bottom bun, (B) followed by a 1/4 cup scoop of the pico de gallo. (C) Carefully use some kitchen tongs to take one of the 'drowned' chorizo patties from the pot of the enchilada sauce and set it onto the pico de gallo. Yes... it will be a bit messy. Scoop 1 Tbsp of the Crema sauce onto the patty, followed by some fresh chopped cilantro. (D) Finish with the top bun. Done.

## NOTES & SUGGESTIONS:

- **ENCHILADA SAUCE:** Here's a cool thing... You don't have to make mine. I encourage it, but you don't have to. If you use regular canned, low fat red enchilada sauce, yes it's high in points, but that's for a good sized serving of sauce. When you dunk the patties in the sauce, you're only really coating them in maybe 1 to 1-1/2 Tbsp of sauce. So, depending on the brand you buy and the amount you use, the canned sauce maaaay also be 0 points per burger. Scan the cans and do the math, but... using mine eliminates the hassle.
- **PICO DE GALLO:** I am a spicy food sissy. Seriously, I think the mild sauce at Taco Bell has kick, which is why I used canned, mild green chiles, instead of the traditional jalapeño peppers. If you'd like to use jalapeños, feel free. I'll be over here chugging a gallon of milk. Also, to save time, you can purchase ready made pico de gallo at your grocery store. It can usually be found in the produce department.
- **CHEESE:** Though enchiladas normally have cheese, ok... ALWAYS have cheese... I didn't add any to these burgers. It's a known fact that I'm the Scrooge McDuck of points. If you'd like to add some cheese, feel free, but adjust your points.
- **SAUCIER BURGER:** Taking the chorizo patties out of the enchilada sauce and placing them right onto the pico de gallo and shredded cabbage will already give you a 'saucy' burger... But, if you want an even saucier one, feel free to drizzle more enchilada sauce onto the patty. You do you.







## Gastro Pub Burger

An indulgent, richly flavored, high end, fancy schmancy, stuck up food bloggery burger you can make at home

A Gastro Pub is just a fancy name for a bar that serves small portions of high priced, snooty sounding food, with equally as expensive alcohol. That's ok if you're a food snob, but who the heck wants to pay \$50 for a burger and beer. Make their fancy burger at home, baby! This beast has a savory patty, smoked gouda cheese, bacon onion jam, lemon dijon dressed arugula and a poached egg with runny yolk.

### Servings Info.:

Yields: 4 burgers

Servings: 4

Serving Size: 1 burger



- last checked 02/24/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever bread you want, then add my points to the bread.

### Ingredients:

#### Burger Patties:

- 3/4 lb batch of my "Savory" ground turkey, recipe on pg. 26.
- Form meat into 4 patties, set aside to rest for 20-30 mins.

#### Lemon Dijon Dressing:

- 2 Tbsp fat free plain Greek yogurt
- 1 Tbsp lemon juice
- 1 Tbsp dijon mustard
- 1/4 tsp olive oil
- 1/8 tsp salt
- 1/8 tsp coarse ground black pepper
- 1/2 tsp 0 point sweetener o' choice

#### Smoky Red Onion & Bacon Jam:

- 1 batch of my Red Onion Bacon Jam, recipe on pg. 20  
(Make it ahead of time.)

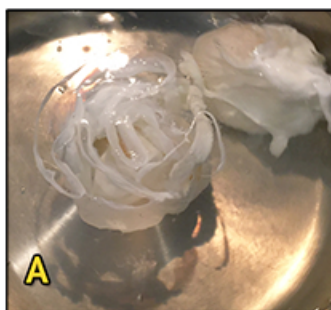
#### Additional Ingredients:

- 4 slices smoked gouda, thin sliced (see notes).
- 5oz baby arugula
- 4 large eggs
- 1 Tbsp white vinegar (if poaching the eggs, see notes)

### Directions:

- 1 Make a batch of my Red Onion Bacon Jam, set aside. We're only going to be using 1 total cup (1/4 cup per burger), but, everyone likes leftovers!

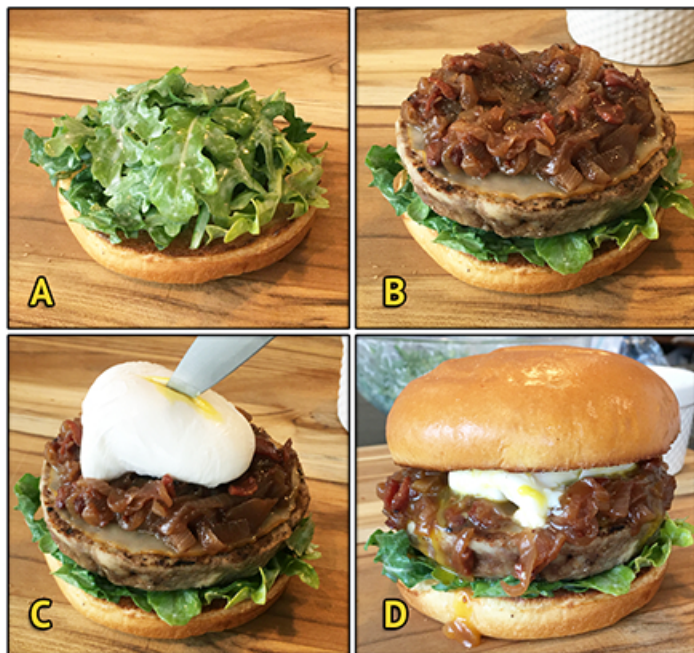
- 2 Mix the dressing ingredients together till smooth, toss with the arugula, set aside.



- 3 (A) Bring a medium pot of water to a low boil, just to where it's starting to bubble. Add the white vinegar, then stir to create a whirlpool effect. Gently crack 1 egg into the water, it doesn't matter if the whites "feather out", we won't be using those anyways. Let the egg cook in the boiling water for 3 minutes. (B) Remove the egg with a slotted spoon, and place in a bowl of room temperature water. Repeat till all 4 eggs are poached. Set aside. (C) Preheat a large pan for 1 minute over medium heat, then cook burger patties for 2.5 minutes. (D) Flip the patty, place a slice of gouda on each patty, place a little water into the pan and cover it with a lid. Cook 2 more minutes. Done.



- 4 Remove the poached eggs from the bowl of water. Gently place on paper towels and pat dry to remove most of the water. Pull off any 'feathery' strands of egg white and discard them.



- 5 (A) Toast your burger buns o' choice, then scoop out some bread from the top bun, creating a small cavity the poached egg will fit into, in a few seconds. Place a mound of the 'dressed' arugula onto the bottom bun. (B) Set a burger patty on top of the arugula, followed by a 1/4 cup scoop of the red onion bacon jam. (C) Make a small crater in the center of the onion jam and place a poached egg into it, to keep it in place. Make a small slit in the egg, so that when you bite it, yolk will run out. If you don't, when you bite into it, it'll burst like a yolk filled grenade. (D) Place the top bun over the egg, gently push down to squeeze out some yolk.

## NOTES & SUGGESTIONS:

- **BACON JAM:** I used oscar mayer center cut bacon. Remember to purchase regular center cut and not THICK CUT, otherwise it's higher in points.
- **THIN SLICED SMOKED GOUDA???:** To get thin sliced smoked gouda, you'll need to go to your grocery store's deli department. Ask them to slice you some smoked gouda, AS THIN AS THEY CAN MAKE IT. When they sliced it for me, I took it home, weighed the slices, and they were each around 10 grams in weight, making the first slice 1 point, the 2nd slice 3 points, the 3rd slice 4 points and the 4th slice 6 points. The deli-guy informed me that the setting he used, was pretty much the universal "thinnest" setting they can slice cheese at with most grocery store deli cutters.
- **POACHED EGGS ARE TOO MUCH WORK!:** Want to eliminate the hassle of poaching the eggs? No problem. You can use the same method as shown in my "Bibimbap" burgers, on pages 58-59, to make a runny yolk "sunny side up" egg instead. It's much faster and is a lot easier, while still giving you runny yolk, with a more traditional style egg.
- **BACON JAM:** When you make the bacon jam, don't forget to pat the cooked bacon dry and remove any oil from the pan. You have to do it, doctor's orders.







## Green Chile Chorizo

My low fat, full flavor take on a delicious New Mexico classic

This is my healthy, low fat take on a Southwestern favorite...a Hatch Green Chile burger. Now, I know there is a very limited time of year when fresh Hatch chiles are available. However... thanks to that modern marvel known as "grocery stores", you can get canned Hatch chiles all year. They can usually be found in the Mexican food aisle. The cans you are looking for say "HATCH" right on the label. If you can't find those... you can also use 'canned diced green chiles'. We're simply cooking them in a pan with some onions and garlic, then piling it high on top of my ground turkey chorizo burger patties, a slice of pepper jack cheese, fresh cilantro and a smear of creamy chili spread.

### Ingredients:

#### Ground Turkey Chorizo Patties

- 3/4 batch of my ground turkey "Chorizo", recipe on pg. 24, formed into (4) 3oz patties, set aside for 20-30 minutes.

#### Green Chile Spread:

- (3) 4oz cans, **HATCH** diced green chiles, mild or hot. Or, if you can find one, use a single 15oz can. (see notes)
- 1/2 cup onion, diced
- 2 medium garlic cloves, crushed and minced
- 1/8 tsp salt
- 1/8 tsp pepper
- 1/8 tsp ground cumin

#### Additional Toppings:

- 4 slices of Pepper Jack cheese (3 point slice per burger. Use the 'cutting the cheese' hack on pg. 47)
- Onion, thin sliced
- Tomato slices
- Fresh chopped cilantro, 1 bunch

#### Chipotle Yogurt Spread:

- 1/3 cup fat free plain Greek yogurt
- 1 tsp light mayonnaise
- 2 Tbsp apple cider vinegar
- 1/2 to 1 tsp chipotle or ancho chili powder, to taste

### Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger



- last checked 02/28/24 -  
Listed Points **DO NOT INCLUDE BREAD!** Use whatever bread you want, then add my points.

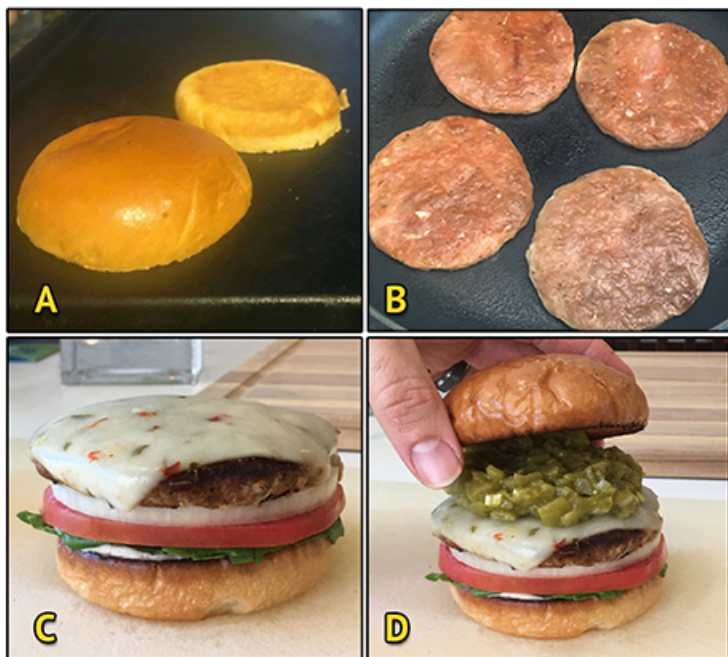
### Directions:

- 1 First things first. Form the chorizo into 4 patties and set aside to rest.
- 2 Mix together the Chipotle Spread and set aside.



- 3 Spray a small pan/skillet with cooking spray. Add the onion and garlic, cook for a minute, then add the canned chiles, salt, pepper and cumin. Bring to a low simmer, and let cook for 4-5 minutes. Remove from heat, set aside.





## NOTES & SUGGESTIONS:

- **HATCH CHILES:** Ok, here's the deal. Generic "canned green chiles" are 0 points. Canned HATCH chiles, for whatever reason... have points. IGNORE THAT. The ingredients on canned hatch chiles read: "contain roasted chiles & water." No sugars, nothing. There is no reason for them to have points. However, as of the write up for this recipe, canned HATCH chiles gain points, in the database. In the wise words of a respected former President:

*"Sometimes, the database is wrong, ignore it."*

- Abraham Lincoln 1863

So, my recipe is using an entry for 'generic' green chiles, to represent the true 0 points Hatch chiles SHOULD have.

- **CHEESE:** My recipe is allowing for a 3 point slice of pepper jack cheese for each of the 4 burgers. Weighed in grams, you can allow 17 grams each for 4 slices, no more than 68 grams in total.

I'd honestly recommend buying a regular package of sliced pepperjack, then trimming it, using your kitchen scale, as shown on pg 47. You'll get a much thicker, more satisfying slice o' cheese on your chile burger, vs getting paper thin ultra thin sliced Sargento pepperjack. Don't believe me? The pics on this page use the trimmed, regular slices.

### 4 Let's get to it, mis amigos!

(A) Toast your burger buns, then set them aside. Heat a large pan over medium heat, till water sizzles on it's surface. (B) Spray the pan with cooking spray, then add your rested chorizo patties. Cook for 2-1/2 minutes over medium heat, then flip and cook for 1 more minute. Add the cheese slices onto the top of the patties, then add a little water to the pan and cover it with a lid. Cook for 1 more minute, to finish the burgers and melt the cheese. Remove pan from heat. Next, let's assemble our burgers. (C) Place a dollop of the chipotle spread onto the bottom bun, followed by a small mound of chopped fresh cilantro, then a slice of tomato and onion. (D) Next, place a burger patty on top of the onion, followed by a nice scoop of the cooked, chopped green chile mixture. Done.





# Guacamole Burger

An extremely light and flavorful burger with Swiss cheese, lettuce, tomato, red onion... and 1/4 cup of Guacamole!!

This burger has a juicy ground turkey patty, covered with swiss cheese, served with lettuce, tomato, red onion and a big 1/4 cup scoop of my avocado and roasted zucchini guacamole.

## Servings Info.:

Yields: 4 burgers

Servings: 4

Serving Size: 1 burger



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3-3

- last checked 03/01/24 -  
Listed Points **DO NOT INCLUDE BREAD!** Use  
whatever brand buns you want.

## Ingredients:

### Roasted Zucchini & Avocado Guacamole (makes 1 cup)

- 5 oz zucchini (1 good sized medium zucchini). Ends trimmed off. Slice in half, then across horizontally (making 4 pieces).\*\*\*
- 1/4 tsp salt
- 1/4 tsp cumin
- 1 medium garlic clove, crushed and finely chopped/minced
- 2 Tbsp cup finely diced onion
- 2 Tbsp roma tomatoes, seeds removed, diced
- 4.5 oz avocado flesh (1 med. avocado, flesh weighed in ounces)
- 1-1/2 tsp lime juice
- 1/4 tsp olive oil
- 1 Tbsp fresh cilantro, finely chopped, loosely packed

### Burger Patties

- 3/4 pound batch of 'savory' ground turkey, recipe on pg 26, formed into (4) 3oz patties

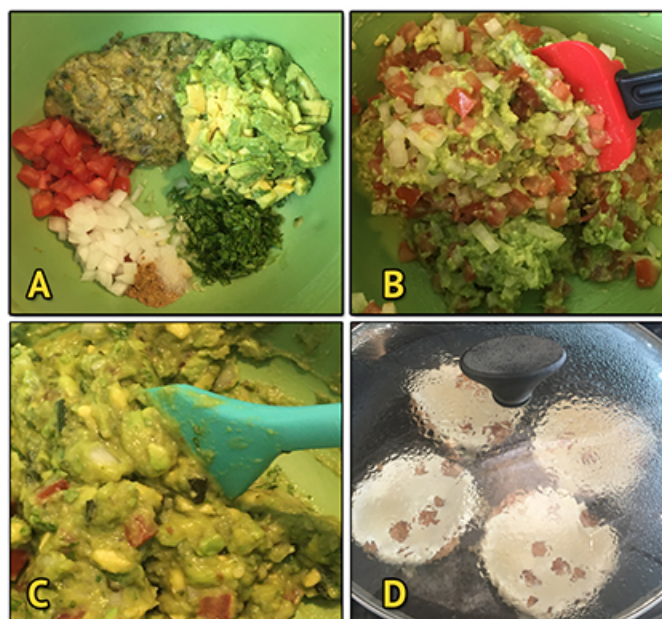
### Additional Toppings:

- 4 slices of light or deli thin sliced swiss cheese (see notes)
- Thin sliced rounds of red onion
- 1 large tomato, sliced into thin rounds
- Lettuce, any preferred variety.

## Directions:

- 1 Preheat oven to 425 degrees. Line a small baking pan with foil. Spray zucchini with cooking spray, bake for 25 minutes.

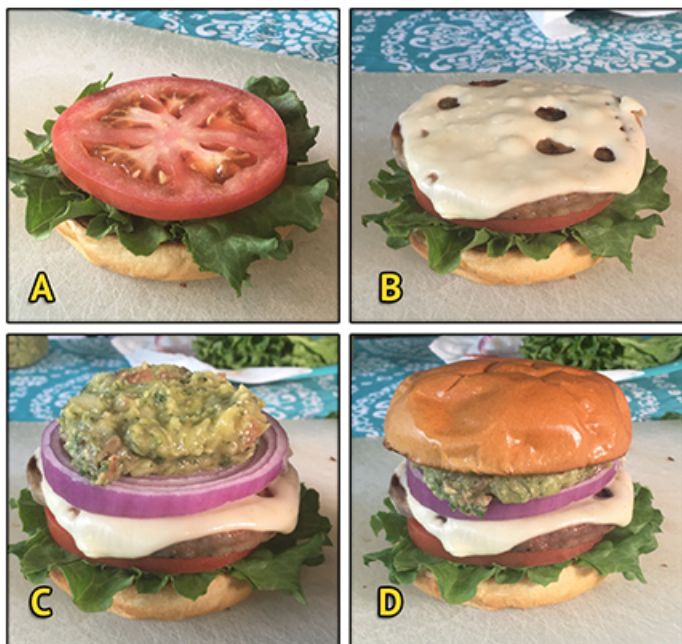
- 2 Remove zucchini from oven and place into a ziplock bag for 5 minutes, to let it steam and soften. Using a blender or immersion blender, puree/process the zucchini till almost smooth. Place into a large mixing bowl, along with the salt, cumin and crushed/minced garlic.



- 3 (A) Carefully halve your avocado, remove the pit, then use a butter knife to dice the 'flesh' while it's still inside the avocado skin/cup. Scoop the flesh into a bowl and measure with a kitchen scale, in ounces. When you have 4.5 oz, move it to the large mixing bowl with all other guacamole ingredients. (B) Use a spoon to stir the guacamole together. (C) For creamier guacamole, mash down while mixing the ingredients, to break down the avocado. Set aside. (D) Preheat a large pan, then cook the patties for 2.5 minutes on the first side. Then, flip the burgers and cook for 2 minutes. BUT... with 1 minute left, place a slice of cheese onto each patty, pour a little water into the pan, then cover with a lid and cook for 1 more minute. This will finish the cooking and melt the cheese. Remove from heat.



- 4 Toast your buns (deep squats help), then scoop out some bread from the top bun. This will help hold the guacamole in place when you bite down on the burger later. Slice your tomatoes and wash/clean your lettuce.



- 5 To assemble, (A) place some lettuce onto the bottom bun, followed by a slice of tomato. (B) Set one of the burger patties on the tomato, (C) followed by a thin slice of red onion. Next, add a 1/4 cup scoop of my low point guacamole. Yup, each burger gets an entire 1/4 cup... you're welcome. (D) Finally, top the burgers with the slightly scooped out top bun.

## NOTES & SUGGESTIONS:

- **SINGLE BURGER POINTS:** Like all of the cheeseburger recipes in this book, the listed points for the first burger are inaccurate. The points shown include all the points for all 4 slices of cheese, altogether... there's no way around it, that's simply how the recipe builder factors the points. IN REALITY... the first serving's "filling" should only be 2 points, not 3. One point for the thin slice of cheese and 1 point for the 1/4 cup of my Gringo Guacamole.
- **AVOCADO:** Obviously, if your plan lets you have Avocados for 'free' none of this concerns you. But, for those of us who have to track'em... the generic listing for 1 medium avocado, in the app, is 8 points. HOWEVER.... that's just a quick generic value, meant for you to "track on-the-fly". If you are preparing an Avocado, bust out your food scale, remove the 'flesh' from one, then weigh it in ounces or grams. I used 1 single medium avocado for this recipe. There was 4.5 ounces of 'flesh' in it, when weighed with a food scale. THAT is only 5 points. So, what have we learned??? Weigh your avocado flesh. You get more for your points. For folks who have points for Avocados, this guacamole makes 1 cup for 5 total points.
- **THIN SLICED SWISS CHEESE:** If you can't find sargento or a different brand "thin" sliced swiss cheese, go to your store's deli section and ask them to cut some swiss cheese for you, as thin as humanly possible. Or... simply go buy normal sliced swiss cheese and use my 'cut the cheese' hack from earlier in the book.
- **ZUCCHINI? WHAT THE HECK!!!!:** A friend who used to work as a 'line cook' at a Mexican restaurant told me, when Avocados get really expensive, his manager has them cut their guacamole with a 50/50 mix of avocados and mashed, roasted zucchini. It reduces the costs, tastes great, looks the same and in his words, "The Gringos can't tell the difference". If made properly, it works. This is a smaller yield recipe of my regular Guacamole recipe, which makes a 5-1/2 cup batch, in my Cookbook: Volume 2.
- **GUACAMOLE VIDEO:** Want to watch an old video of me making the full sized Cookbook 2 batch of the guacamole? Go to YouTube and type "the guilt free gourmet guacamole". And... be warned... I made that video in the middle of the pandemic, when I was bored off my rocker. Hence, why I'm dressed up in my full Boba Fett suit while I made it... my poor wife.





# Gyro Sandwich

Using creative home cooking to simulate the big rotisserie "meat tornado" you'd see at a Greek sandwich shop

A "Gyro" is meat cooked on a vertical rotisserie, then sliced and served in pita bread, along with veggies and tzatziki sauce. The traditional dish is made with beef and lamb. Mine is heavily modified to use ground turkey breast, baked in an oven.

## Ingredients:

### Tzatziki Sauce:

- 1 batch of my Tzatziki Sauce, recipe on pg. 17

### Doner Kebab "Gyro" Meat:

- 1 prepared, raw batch of my Gyro meat mix, recipe on pg. 25

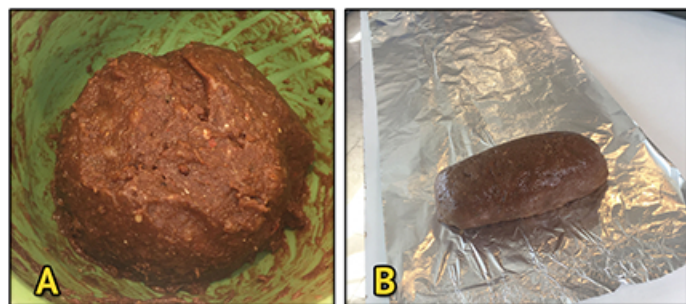
### Additional Ingredients:

- 1 red onion, halved and thin sliced
- 1-2 tomatoes, sliced into thin rounds, then sliced in half
- Lettuce, any variety (I used "Green Leaf" lettuce in mine)

### Additional Equipment:

- Aluminum foil
- 2 long skewers
- (1) standard 'bread loaf' pan
- 4 pitas or wraps, any brand you want. I used "Joseph's" pitas

## Directions:



- (A) Prepare the Gyro mix and let the meat rest as directed.  
(B) Spray a 2ft length of Foil with cooking spray. Wet your hands and form the meat into a 'log' shape on the foil.

## Servings Info.:

Yields: 4 sandwiches

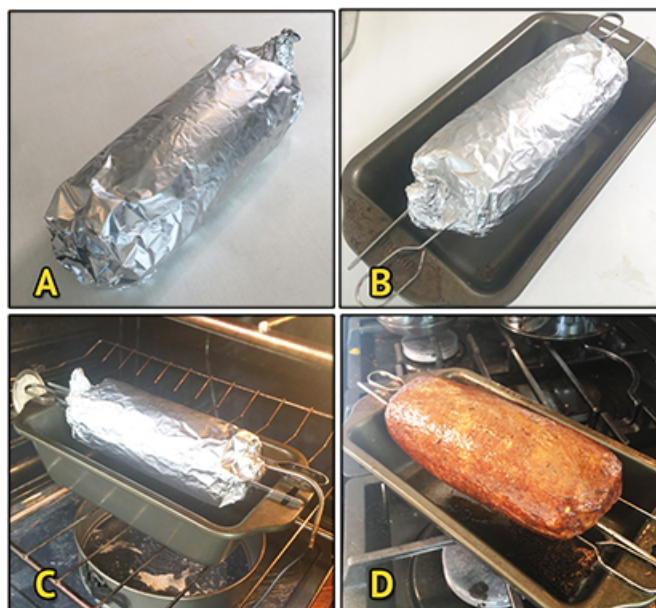
Servings: 4

Serving Size: 1 sandwich



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- last checked 01/19/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever brand buns you want, then add my points.



- Preheat oven to 350 degrees. (A) Roll the meat up in the foil and twist the edges closed, like a giant, meaty tootsie roll. (B) Stick 2 long skewers through the meat, protruding out both sides. Place the 'log' over a bread loaf pan, suspended in the air by the protruding ends of the skewers. (C) When the oven's at 350, place the meat into the oven and bake for 1 hour and 10 minutes. (D) Remove meat from the oven and turn the heat UP to 450 degrees. Quickly, but carefully, remove all foil from around the meat, then place it back into the oven for 5 minutes. Then, flip it over and bake for 5 more minutes.





- 3 (A) Let the meat rest for 15 minutes. Then, remove the 2 skewers and reinsert one down the center of the 'log', so it's balanced. Place a damp, folded up paper towel in the middle of a large plate, then hold the meat up vertically, standing it up with the tip on the paper towel, so it won't slip. (B) Use a sharp knife and slice down the edge of the the meat, slicing it VERY thin... almost like it's meat-paper. Continue slicing till all of the meat is cut. (C) Place a good spoonful of tzatziki sauce on a warm pita. Then, in a hot pan sprayed with cooking spray, heat up some of the meat for 2-3 minutes, letting it get a little crispy. Add a splash of beef broth to the hot pan, to help keep the meat moist and juicy (it IS thin sliced turkey breast after all!!). (D) Arrange some of the sliced tomatoes, red onions and lettuce onto the pita, over the tzatziki sauce. Place a mound of the warmed Gyro meat in the center of the pita, then fold it up like a big fluffy Greek taco. OPA!

## NOTES & SUGGESTIONS:

- **STICKY MEAT MIX:** This meat mix is very wet/sticky at first. In order to easily mix it, I highly recommend either having a bowl of water nearby to dip your hands in, or running water from your sink faucet over your hand, while mixing it. It sounds ridiculous, but it is a great trick. When mixing meat and it starts sticking to your hands, just getting your hands wet will not only add extra moisture into the meat, but it will make it MUCH easier to handle and shape.
- **LET IT REST:** Let the meat mixture rest in the fridge for at least 30 minutes. The longer it rests in the fridge, the more the mixture will 'firm up' and be easier to shape in step 1B. Again... wet your hands when you shape it.
- **SKEWERS:** The whole reason behind suspending the meat on skewers over the baking dish is so that we can try to emulate the rotisserie log o' meat that you see standing vertically at kebab restaurants. MOST all homemade 'gyro' recipes I found, had you make a meat mixture, then bake it in a pan like meatloaf. No! We want metal skewers to hold it up, that will reach past both ends of the meat, so we can suspend it in the air over a pan. This is ground turkey breast. If we have it baking against a pan's surface for 85 minutes, the meat will resemble a charcoal briquet.
- **REMOVING THE FOIL:** At step 2D, you don't have to pull out the skewers to remove the foil. Plop the big ol' meat log onto a cutting board and tear the foil off from AROUND the skewers and the meat. Easy peasy.
- **REHEATING:** You can freeze any leftover sliced meat, for later use. How do I reheat it? Heat a pan till droplets of water sizzle on it, then hit it with cooking spray and add the meat. Let it heat for a minute or two, then add in a splash of beef broth (or water) and toss/swirl the meat in the pan till the liquid evaporates. Done.
- **VIDEO!:** Scan this QR code to open a Youtube video, where I show you how to mix, wrap and bake the Gyro meat mix.





# Havana Burger

My low fat, healthy version of a traditional Cuban sandwich, made into a crispy-pressed burger

A traditional Cuban sandwich is ham, pork & swiss cheese with a mustard/mayo spread and pickles, toasted and pressed like a panini. I thought it'd be cool to make a healthy burger version! What REALLY makes this burger exceptional, is pressing the finished hamburger in the same fashion as a panini, to give a super crunchy crust to the bread, not typical for a burger.

## Ingredients:

### *Cuban Picadillo Burger Patties*

- 3/4 lb batch of ground turkey "Cuban Picadillo" mix, recipe on pg. 25. Formed into (4) 3oz patties. Set aside.

### *Roasted Garlic Mustard Spread:*

- 5-6 medium garlic cloves, still in skin.
- 1/4 tsp olive oil
- 6 Tbsp plain fat free Greek yogurt
- 2 Tbsp dijon mustard
- 2 tsp white wine vinegar (or, plain ol' distilled white vinegar)
- pinch of salt and pepper

### *Additional Toppings:*

- Dill pickle slices, as many as you want, the more the merrier.
- 4 slices light swiss cheese (see note)\*\*\*
- 5 oz uncured, deli sliced ham (you want a brand that will give you 12 slices for 2 points).

## Directions:

- 1 Now, let's roast some garlic for the the spread! Preheat your oven to 400 degrees. **(A)** Slice the ends off of one side, from each garlic clove. **(B)** Place the garlic into a small foil pouch, then coat with cooking spray and the olive oil. **(C)** Close the pouch and bake for 30 minutes. Remove from the oven and slightly open the top of the pouch, letting it start to cool off for 5 minutes. **(D)** Squeeze the "back end" of the garlic, to push out/remove the soft, roasted garlic from the skin. Move on to step 2.

## Servings Info.:

Yields: 4 burgers

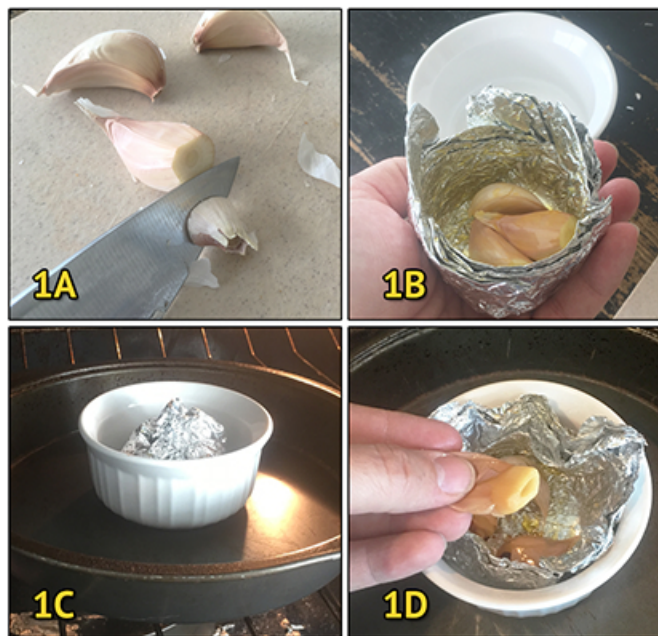
Servings: 4

Serving Size: 1 burger



R - D  
2-3

- last checked 03/13/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever brand buns you want, then add my points.



- 2 Place the Greek yogurt, dijon mustard and vinegar into a bowl, stir to combine. On a cutting board, use a fork to mash the garlic into a paste. Stir the mashed garlic into the yogurt and mustard mixture. Season with a pinch of salt and pepper, to taste. Cover and set aside for 30 minutes.





- 3 Divide the meat into 4 portions, then form into patties. Heat a pan over medium heat, till water sizzles on it's surface. Cook the patties for 2.5 minutes per side. Remove from heat.



- 4 Now... let's assemble some Burger-Panini hybrids!!! First, start heating up a large pan over medium heat. (A) For each burger: smear 1 Tbsp of the garlic/mustard spread onto the bottom buns, (B) followed by 3 slices of ham. (C) Place the cooked burger patties on top of the ham, followed by a slice of cheese, followed by some dill pickle slices, as many as you want. Put another 1 Tbsp of spread on the top buns, then cap the burgers with the top buns. Set aside. (D) Spray cooking spray into a LARGE pan and heat it over medium heat, till water sizzles on the surface. Place all of the burgers into the pan. (E) Place another pan or other large, heat resistant flat surface on top of all of the burgers, then place cans or additional pots on top, to add weight and compress the burgers (Similar to making a panini). (F) After 90 seconds, spray the top of the burgers with cooking spray, then carefully flip them, add the pan back on top to compress them again... and toast for another 90 seconds. Enjoy.

## NOTES & SUGGESTIONS:

- **CHEESE:** The listed points are dependent upon using 1 point per slice, reduced fat swiss cheese. If you can't find that, go to the deli counter at your grocery store and have them slice you some swiss cheese slices, VERY thin. Make sure to stress that you want them THIN, or they won't do it. If you have to use regular swiss slices, the burgers will go up 1 additional point each, which is still pretty dang low in points.
- **CHEESE HACK:** Don't forget about the 'cheese hack' on pg. 47. With it, you can use ANY brand swiss cheese you want, while reducing the points.
- **PANINI PRESS:** You can eliminate steps 4D, E & F, by using a panini press or George Foreman grill to press/toast the burgers. Obviously, a legit panini press would be ideal.
- Try to use thin sliced uncured ham, it's lowest in calories and points, typically. Weigh the ham when you get it home. You're aiming for 2 points for 5oz, which should give you 12 slices.
- Use whatever type of bun, or bread you want. However, remember to adjust your points accordingly.
- I'd recommend patting any excess juice off of the pickles with paper towels. Extra liquid on a burger = bleh!







## Juicy Lucy (cheese-stuffed burger)

A low calorie, low fat, molten cheese stuffed burger. Almost like if a cheeseburger had a baby with a Hot Pocket.

To answer your question... no, I have absolutely no idea why this type of burger is called a 'Juicy Lucy', but I can tell you that it's a simple and very tasty burger. It's pretty much a cheeseburger, where you stuff the cheese **INSIDE** of the patty, rather than melting it on top of the meat, like normal. Unlike most recipes, which call for stuffing enough full fat cheese into the burger to choke a Wisconsinite... we're forming 2 thin ground turkey patties, then sandwiching them together around a piece of low fat, low calorie, low point, ultra melty American cheese.

### Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger



R - D  
2-2  
(see notes)

- last checked 03/13/24 -  
Listed Points **DO NOT INCLUDE BREAD!** Use  
whatever brand buns you want, then add my points.

### Ingredients:

#### Burger Patties :

- 1lb batch of my 'Savory' ground turkey mix, recipe on pg. 26
- 4 slices of Velveeta Original cheese slices, or any other brand of low point, low calorie sliced cheese.

#### Additional Toppings:

- Lettuce, any preferred variety.
- Sliced Onions
- Sliced Tomatoes
- Dill pickle slices
- Traditional yellow mustard
- 1 batch of my low point ketchup, recipe on page 19

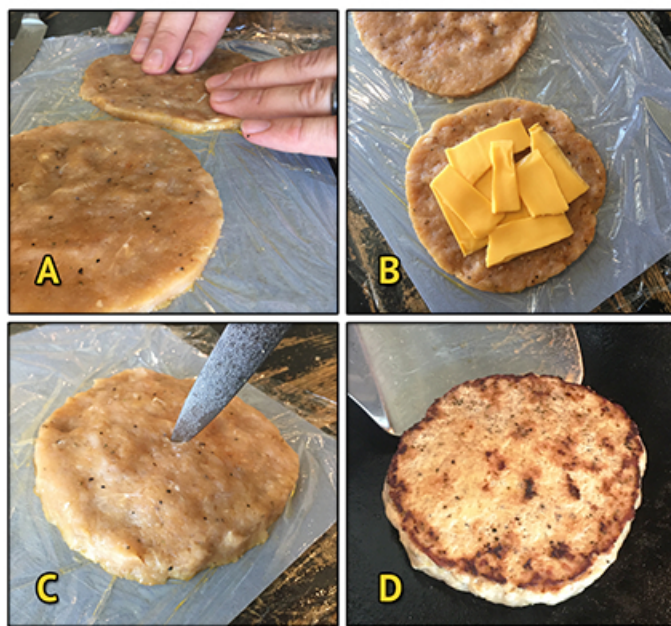


#### Reference for Direction #1

A quick pic of how to quickly divide the 1 pound batch o' meat into 8 portions, for patties. Roll the 1lb ball o' seasoned ground turkey into a big ball, then use a long knife to slice down into the meat, making 8 equal-ish sized portions. Just like you would slice a pizza to make 8 slices.

### Directions:

- 1 Mix the batch of meat, then let rest for 20 minutes. Form into a mound, then cut into 8 portions.



- 2 (A) On plastic wrap, form the meat into 8 thin patties, then use your hands to make them more spread out/thin. (B) Break up 1 slice of cheese and lay it onto the center of 1 patty, leaving space around the edges. (C) Lay one patty over the first, sandwiching the cheese between the two thin patties o' meat. Gently press on the sides to seal the edges, then poke a tiny hole into the top of the patty. (D) Preheat a large pan over medium heat, till water starts to sizzle on it. Spray with cooking spray, then cook the patties for 2 minutes per side.





- 3 To assemble the burger, first (A) toast your buns. (B) Smear some ketchup and mustard onto the bottom bun, followed by some lettuce. Then, place a slice of onion and tomato on top of the lettuce. (C) Set a stuffed burger patty on top of the tomato, followed by a few dill pickle slices. (D) Smear the top bun with some more mustard and ketchup, then... go get a bib. You'll need it, most likely. Done.

#### NOTES & SUGGESTIONS:

- **BURGER PATTIES:** Seriously... press them with your fingers, to spread them out and make them a little thinner and wider than normal. Also, as pictured, leave a little space between the edges of the cheese and the edge of the meat.
- **CHEESE:** Though I used Velveeta Original slices for this recipe, you can use any low calorie/fat/point cheese that you want. In truth, the first burger should be 1 point lower than it shows. The recipe makes 4 burgers, so the points for ALL 4 burgers get added together, which is 6 points of cheese for all 4 burgers. However, if you only actually make 1 single burger, that 1 single burger's filling will only be 1 point, from the 1 single slice of cheese. You can use any brand or type of cheese you want. Ultra thin sliced provolone, Swiss... even smoked gouda and mozzarella. Go to the deli counter and ask them to slice you any cheese that you choose, then use the 'cutting the cheese' hack, to lower it by 1 point.
- **KETCHUP:** You don't have to make my recipe for ketchup. Use any low calorie/sugar/point brand of ketchup that you want. However, my recipe lets you have 1/4 cup of ketchup for 0 points. Adjust your points if necessary, if you don't make my recipe.
- **JUICY GIUSEPPE:** You could make a pretty gooey Italian version of this. First, instead of my 'savory' meat mix... use my Italian sausage seasoning recipe to make the burger patties. Then, instead of American cheese, fill the patties with 1 point of shredded reduced fat mozzarella cheese or thin sliced provolone. Instead of mustard and ketchup, use some of my quick marinara sauce. Molto Bene! Then, to anger @chiafullo, use kale instead of lettuce. He loves kale...







## Lebanese Kafta

Hummus, Charred Roma Tomatoes, Pickled Onions, Middle Eastern Patty... Be Still Mi Habibi!

This is my favorite of all my burgers... admittedly, because I love Middle Eastern food. For this flavor-bomb of a burger, we have an insanely delicious middle eastern spiced patty, topped with pickled red onions and hummus... sitting on a dollop of even MORE hummus, charred roma tomatoes and chopped romaine lettuce. This baby has so much flavor, it's like going to a Kabab house and asking them to throw an entire shish kabab platter between two burger buns.

### Servings Info.:

Yields: 4 burgers

Servings: 4

Serving Size: 1 burger



R-D

1-1

- last checked 3/15/24 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

### Ingredients:

#### Ground Turkey Kafta Patties:

- 3/4 batch of my ground turkey "Kafta", recipe on pg. 26

#### Low Point, Low Calorie Hummus: (make ahead of time)

- 1 cup of my low calorie/low point Hummus, recipe on pg 18

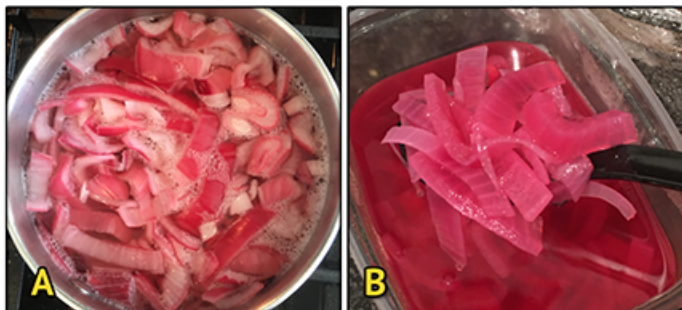
#### Pickled Red Onions: (make ahead of time)

- 1 medium red onion, quartered and sliced. The darker the reddish hue of your onion, the better.
- Distilled white vinegar, enough to cover the chopped onion

#### Additional Ingredients:

- 4-5 good sized Roma tomatoes. Each roma tomato is to be sliced into thick slices, around 1/2 thick. Each burger will get 2 or 3 slices, depending on your preference (I like three).
- Lettuce, any variety you want. I used 'Green Leaf' lettuce.

### Directions:



- 1 (A) The night before you make the burgers, slice the red onion into quarters, then into thin strips. Place into a small pot and fill with enough white vinegar to cover the onions. Bring to a low boil for 5 minutes. Turn off heat and let it cool to room temperature. (B) Place the cooled onions and vinegar into a tupperware container. Close the lid and store overnight in the fridge. The longer they rest, the more vibrant the color gets. Tip: If you want them to get even redder, add the very dark, outer-most layer of onion, which you typically discard... into the vinegar mixture (discard them the following day).
- 2 Mix the batch of ground turkey kafta and form into (4) 3oz patties. Set aside to rest for 20-30 minutes. The longer you let the meat sit and rest, once mixed, the more flavorful it's going to get. Though it tastes great an hour after you mix it... if you let it sit overnight, it'll blow your mind. Adding the optional 'kitchen bouquet' browning & seasoning sauce into the ground meat mix, makes this mix actually end up tasting like ground beef kafta kababs. I highly recommend using it.





3 (A) Slice the roma tomatoes into 1/2" thick slices, you'll want 3-4 slices per burger. (B) Season with a little salt and some cracked or coarse black pepper, then spray with cooking spray. (C) Heat a large pan over medium-high heat, till water sizzles on it. Spray the hot pan with cooking spray, then place the tomato slices down, DO NOT MOVE THEM. Let them cook for 5 minutes, unmoved, so they develop char. Season the top with salt/pepper & more cooking spray. (D) Reduce heat to medium, turn slices over, cook for 3-4 more minutes. Remove from heat and set aside.

4 Clean out the pan, then preheat it again over medium heat till water sizzles on the surface. Spray with cooking spray, then add the kafta patties. Cook over medium heat for 3 minutes per side. Set aside.



5 To assemble your burger, first, toast your buns and scoop some bread out of the top bun. (A) Place some chopped lettuce onto the bottom bun, followed by 2 to 3 slices of roasted roma tomatoes. (B) Then, place a dollop of hummus on top of the tomatoes. (C) Place a Kafta patty onto the hummus, followed by some pickled red onions, which have been patted with a paper towel to remove excess vinegar. Place another dollop of hummus on top of the onions. (D) Cover with top bun. Done.

## NOTES & SUGGESTIONS:

- **PEPPER:** I highly recommend using a decent amount of cracked black pepper on the tomatoes.
- **HUMMUS:** Don't want to use Hummus? Not a problem. You can replace it with a simple Middle Eastern seasoned quick tomato 'faux ketchup'. In a small pot, warm a 15oz can of tomato sauce and 1/2 tsp each: garlic powder, onion powder, ground cinnamon and ground allspice, as well as 1/4 tsp each: salt and pepper. Then, 1 Tbsp 0 calorie sugar replacement and 2 Tbsp apple cider vinegar. Warm it up, then let it cool to room temperature. Skip both dollops of Hummus in my burger directions... and instead:  
 \*Place the pickled onions directly on top of the burger patty, then drizzle a good 1-2 Tbsp of the spiced tomato sauce on top. Boom, done.
- **PICKLED ONIONS:** Don't want pickled onions? An easier, faster variation would be to simply thin slice some onion 'rounds', then, place some slices between the lettuce and tomatoes.
- **VINEGAR:** Though white vinegar gains points, we aren't counting points for the pickled onions in this recipe. Because, we aren't consuming that much vinegar, the onions are simply sitting in it, then being drained.





# McRib-ish Sandwich

The mythical, seasonal, 'formed rib patty' sandwich from McDonald's... but without their mystery meat.

Once or twice a year, the house of the golden arches pulls out this crazy sandwich. Either you love it or you hate it, but either way... there is no mistaking how unhealthy the regular version is. It can best be described as a slab of processed 'pork product', formed into a patty that resembles ribs. It's slathered in BBQ sauce, cooked in whatever strange method they cook 'mystery meat' in.... then it's covered with pickles, onions and more BBQ sauce. As gross as the real thing sounds, it's actually tasty. MY version mimics the same flavors and texture, but makes them without all of the Dr. Frankenstein ingredients. We're using 99% fat free ground turkey, seasoned with SCIENCE!!!

## Servings Info.:

Yields: 4 sandwiches  
Servings: 4  
Serving Size: 1 sandwich

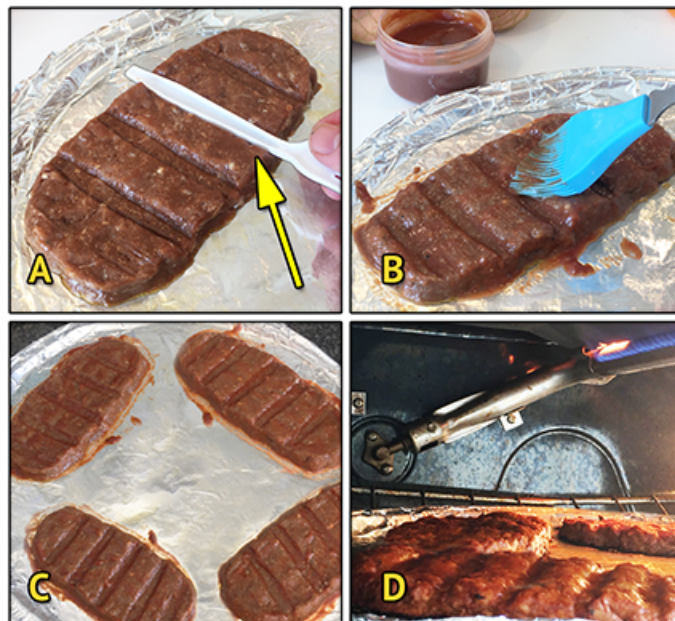


R - D  
0-0

- last checked 03/15/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever brand rolls you want, then add my points.

## Ingredients:

- 'Rib' Patties:**
- 1 lb batch of my "savory" ground turkey mix, recipe on pg 26, sectioned into (4) 1/4 lb. portions.
- Quick BBQ Sauce:**
- 1 batch of my 'Quick BBQ Sauce'. Recipe on pg. 16
- Additional Toppings:**
- Sliced dill pickles
  - 1 medium onion, quartered and sliced into strips
  - Store bought French 'Hoagie' rolls (see notes)\*\*\*

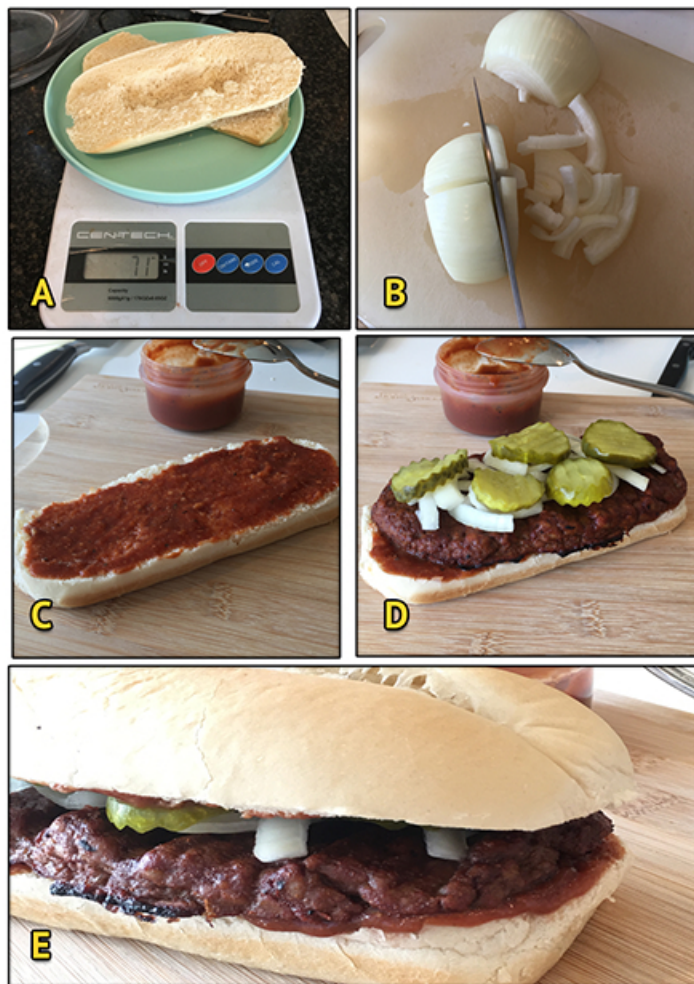


- 3 PREHEAT YOUR OVEN TO 425 degrees. (A) Place each of the 1/4lb portions of ground turkey onto plastic wrap. Shape into long oblong patties, roughly the size of your hoagie rolls. Press down into each patty with a utensil, to make indentations on the meat, to resemble a 'rib patty'. (B) Coat each shaped patty with BBQ sauce, then (C) place onto a baking pan, lined with foil. Bake at 425 degrees for 10 minutes. (D) Remove from oven and turn on the 'broiler' setting of the oven to High. Coat the top of the patties with more BBQ sauce, then place back in the oven, on the top rack position. Cook under the broiler for 2 minutes, then remove from oven. Set aside.

## Directions:

- 1 Prepare the 1 pound batch of ground meat, divide into 4 equal sized portions, then set aside for 20-30 minutes.
- 2 Prepare a batch of my BBQ sauce, as directed. Set aside.





- 4 (A) (optional) Use the handy dandy "low point bun hack" from pg 40 to scoop bread from the top bun, lowering it by 1 point. Do not toast your buns for this sandwich, you want the bread to be soft. Set aside. (B) Quarter, then slice an onion into strips, set aside. (C) Smear BBQ sauce onto the bottom of your hoagie roll, then (D) Place your formed 'rib' patty onto the roll, spread some more bbq sauce onto the rib patty, so it's saucy. Then, add some thin sliced onions and dill pickles. (E) Finally, spread more BBQ sauce onto the top 'bun'. Done.

#### NOTES & SUGGESTIONS:

- **HOAGIE ROLLS:** Use whatever brand 'Hoagie Rolls' you want. However, scan your brand. Most hoagie rolls, as stated above, can have a small amount of bread scooped out of the top bun. Once weighed in grams, you can easily drop the 'point' value of the roll by 1 to 2 points. That small section of bread that I removed in picture 3A, took my purchased rolls from 6 points, down to 5.
- **POINTS:** Again, the listed points for this recipe do not take the bread into account. Use whatever bread you want, then add my points for the 'filling'. As an example, I used 6 point 'Hoagie Rolls'. (which I scooped some bread out of, taking them down to 5 points). On my plan, 99% fat free ground turkey breast is 0 points. So... MY "McRib-ish" sandwich was 5 points. The only points for me, are the bread. PS: A regular McRib is 19 points and a looooot less healthy.
- **BBQ Sauce:** Though mine is quick, tasty, and 0 points for the entire 1-1/4 cup batch... you can use ANY bbq sauce you want. But, adjust your points.



- **VIDEO!:** Scan this QR code to open a video, where I show you how to mix, form and bake the McRib.







## Meatball Sub with Mozzarella

Italian sausage meatballs with marinara, roasted garlic spread, thin sliced red onions, fresh basil and provolone

I know it's blasphemy to all my Italian Paisanos, but... I love the meatball sub from subway. I've always wanted to make my own version of a meatball sub, so... in the words of Super Mario, "Let's go!!" I tried to elevate it a bit by using MY Italian sausage recipe for the meatballs and including a creamy roasted garlic spread, on the toasted bread.

### Servings Info.:

Yields: 2 sandwiches

Servings: 2

Serving: 1 sandwich



Range

2-2

- last checked 03/15/24 -  
Listed Points DO NOT INCLUDE BREAD! Use whatever brand rolls you want, then add my points.

### Ingredients:

#### Italian Sausage Meatballs:

- 1 lb batch of my turkey Italian Sausage, recipe on pg 25, with the following addition in the raw mix:
  - Add 1-1/2 tsp EACH, regular and panko breadcrumbs
  - Add 1 large egg

#### Roasted Garlic Spread:

- 9-10 medium garlic cloves
- 1/4 tsp olive oil
- 2 Tbsp plain fat free Greek yogurt
- 1 tsp light mayonnaise
- 2 tsp white wine vinegar (or regular distilled white)
- 1/8 tsp salt
- 1/8 tsp cracked black pepper
- 1/2 tsp garlic powder

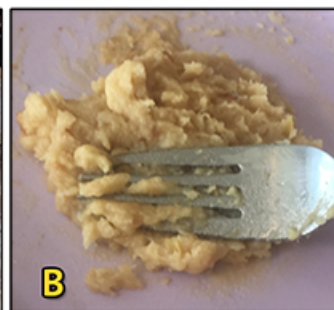
#### Quick Marinara Sauce

- 1 batch of my "5 minute marinara", recipe on pg 16

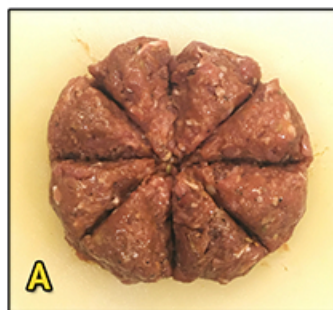
#### Additional Ingredients:

- 2 french bread 'hoagie' sandwich rolls \*\*
- Fresh basil leaves (OPTIONAL)
- 6 Tbsp part-skim shredded mozzarella, divided (see 4C)
- 1 tsp reduced fat parmesan grated topping (like Kraft)
- Fresh chopped basil, for garnish, if desired

### Directions:



- 1 (A) Preheat oven to 375 degrees. Place garlic cloves in a small foil pouch and drizzle with the olive oil and spray into the pouch with cooking spray. Stir to mix with the garlic. Close the foil and bake for 35-40 minutes. (B) Remove from the oven slightly open the pouch and let cool for 10 minutes. Remove garlic bulbs from the skin (if you're using garlic with skin on) and use a fork to mash the garlic. Mix mashed garlic with the rest of the 'Garlic Spread' ingredients. Set aside.



- 2 (A) Prepare the meat mixture and let rest for 20 minutes. Once rested, divide into 8 portions and roll into meatballs. (B) Heat a pan over medium heat for 1 minute. Spray with cooking spray, then arrange meatballs in the pan. DO NOT MOVE THEM. Let them cook for 3 minutes, then flip and cook 3 more minutes. Pour your marinara sauce into the pan, lower the heat to medium-low, cover and cook for 10 minutes. Remove pan from heat and set aside with a lid on it.



### 3. TURN ON YOUR OVEN'S BROILER!

While it's heating up... Split your bread rolls and toast them, face side down on a hot pan. Scoop out bread from the top halves, which will help make room for the meatballs.



- 4 (A) Take 1/2 of the roasted garlic spread and smear it onto the 'bottom bread' of each sandwich. (B) Arrange 3 or 4 of the meatballs (depending on how large your bread roll is) into your sandwich, followed by some of the hot marinara sauce. (C) Divide the shredded mozzarella in half (3 Tbsp) and spread it over each of the 2 sandwiches. (D) Place your sandwiches on an oven safe pan, with the shredded cheese facing up toward the broiler flames. (you can arrange some rolled up foil under the outer side of each sandwich (look at picture 4B and C) to keep the rolls from opening too wide under the weight of the filling, if you want. Put the sandwiches into the oven, under the broiler for 3-4 minutes or until the cheese melts. Make sure not to burn the bread though. Remove from oven and let cool for 3-5 minutes. Sprinkle each sandwich with 1/2 tsp grated parmesan topping, then serve.

### NOTES & SUGGESTIONS:

- **MARINARA:** If you don't want to use my sauce, don't. Use any recipe you want, as long as it's 0 points.
- **CHEESE:** Here's where you have a LOT of different options. I chose to use part-skim mozzarella on my sandwiches, because I wanted to have a bunch of gooey cheese on mine. However, if you want provolone cheese, feel free to use that too. Or, you can be like @chiafullo and put pineapple on your sub. He puts pineapple on everything, even his neapolitan pizzas.
- **THE BREAD!!!!:** As noted, the points for my recipe DO NOT INCLUDE the points for the bread. I want you to be able to use WHATEVER brand or type of bread you want for this sandwich. Add 'my points' to your bread's points. Easy. If you use an 7 point roll, add those 7 points to the 2 points for my sandwich. Boom, 9 point meatball sub. Simple.
- **WHAT I DID FOR MY BREAD:** I used a generic, store bought, 7 point 'french bread hoagie roll'. I scanned the bag and pulled it up in the app. Then, scrolled down to see how many grams I'd need to remove for it to be a 6 point roll, by weight. I scooped out bread from the top bun and weighed it again, till I hit that "6 point" number.
- **GARLIC SPREAD:** I wanted to add an extra flavor punch to my sub, to elevate the flavor a little bit from your regular run of the mill, generic meatball sub. So, I thought I'd add the creamy and tangy roasted garlic spread to it. However, I know that not everyone wants to take the time to roast garlic for it. If you want a quicker, easier, though less flavorful spread you can whip together in a minute... Instead of the 9-10 roasted garlic cloves, make the spread with 1 tsp of garlic powder, instead of 1/2 tsp. It'll work in a pinch and save you 40 minutes.
- **EXTRA MEATBALLS?!!!!:** I know, I know. In my sandwiches I only used 3 meatballs per sandwich, but my recipe makes 8 total meatballs. So, what gives?? Well, the number of meatballs you use is completely dependent on how large of a roll you use. If your roll doesn't have enough room for 4 meatballs each, save the extra 2 for a later meal or snack.





# Meatloaf Sandwich

Thick Sliced Meatloaf, Smoked Gouda, Garlic Aioli, Crispy French's® Fried Onions... mmmm

Talk about using every possible inch of paper on a page! This is my low fat version of "Claim Jumper's" meatloaf sandwich. I did my best to try and make a moist meatloaf using 99% fat free ground turkey and I'm pleased with the results. Is it the same as using 85/15 ground beef? Nope. But, it's good, healthy, and a pretty fun process to make this little baby sized half meatloaf.

## Servings Info.:

Yields: 4 sandwiches  
Servings: 4  
Serving Size: 1 sandwiches



R - D

4-4

## Ingredients:

### Savory Ground Turkey Meatloaf Mix:

- 1lb batch of my Savory Ground Turkey, recipe on pg. 26, with the following changes:
  - Add 1 large egg
  - Add 2 Tbsp plain fat free Greek yogurt
  - Add 2 Tbsp plain breadcrumbs *(or, you can follow the recipe on pg. 38 to make your own low point crumbs. If you do THAT, you instead of only getting or use 2 Tbsp of store bought crumbs... you can add in an ENTIRE 1/2 CUP of crumbs for the same points!!!)*

### Quick BBQ Sauce:

- 1 batch of my BBQ Sauce, recipe on pg. 16

### Garlic Aioli Spread:

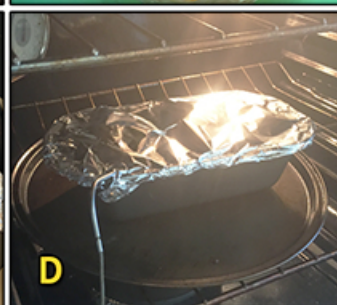
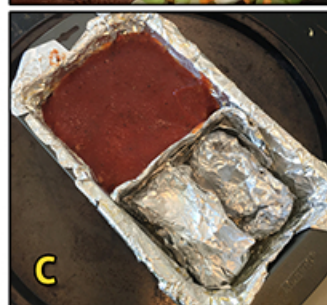
- 6 Tbsp plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 1 Tbsp lemon juice
- 1/4 tsp garlic powder
- 2 medium garlic cloves, crushed, finely chopped
- 1/4 tsp salt
- 1/4 tsp coarse ground black pepper

### Additional Ingredients:

- 3/4 cup diced onion *(for meat mix, step 2A)*
- 1/2 cup diced celery *(for meat mix, step 2A)*
- 1/4 cup diced carrot *(for meat mix, step 2A)*
- 2 garlic cloves, minced. *(for meat mix, step 2A)*
- 4 slices smoked gouda cheese. You want 4 slices for 11 total points. Or 18 grams per slice, for a total of 72 grams o' cheese.
- 1 small red onion, thin sliced
- Lettuce
- Dill pickle chips
- 2 Tbsp French's original french fried onions, slightly crushed

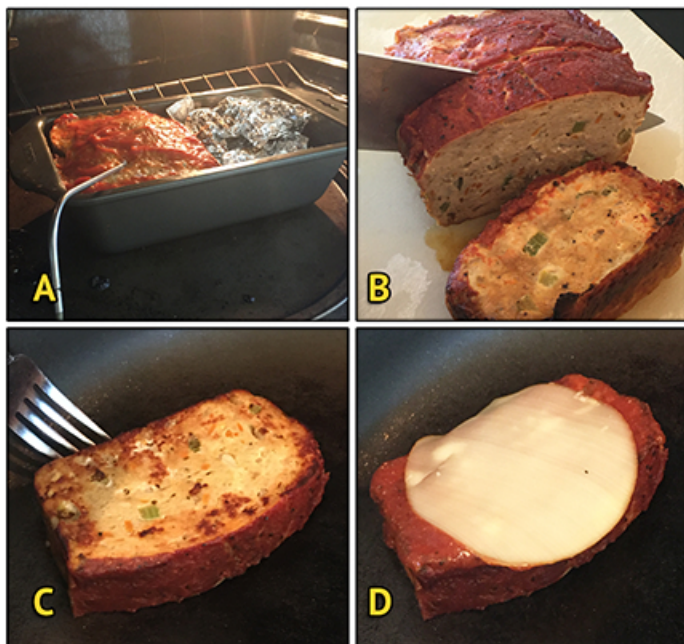
## Directions:

- 1 Prepare the bbq sauce, as directed. Set aside. Mix all of the Garlic Aioli ingredients together in a small cup. Set aside.



- 2 (A) Cook the diced onions, celery, carrots and garlic in a pan, with cooking spray. Season with salt and pepper, cook for 5-6 minutes, till vegetables are softened. Set aside. (B) Mix the 1lb batch of 'savory' meat seasoning, with the listed changes. Add the cooked celery, onions, carrots and garlic into the raw meat. The mix will be sticky, so wet your hands, as needed, while mixing it (C) Line a 9" loaf pan with foil and spray with cooking spray. Pack the meat into one side of the loaf pan. Then, create a folded piece of foil that will act as a divider, place it against one side of the meat and compress it to make a nice square. Fold up some more foil, or use some 'baking beads' or dried beans, to fill up the empty side of the pan, to hold the divider in place when the meat cooks, so it keeps it's shape. Cover the meat with some bbq sauce. (D) Heat your oven to 375 degrees, then cover the pan with foil and place it in the oven.





- 3 (A) Bake, covered at 375 degrees for 25 minutes, then remove the foil cover and bake 5 additional minutes. (B) Remove from oven and let sit for 15 minutes. Place the meatloaf on a cutting board and cut into 4 thick slices. (C) Heat a large pan over medium heat till water sizzles on it, then spray with cooking spray and fry for 1.5 minutes, then flip the slices. (D) Immediately spoon some bbq sauce onto each slice, then top with a thin slice of smoked gouda. Add a little water into the pan (1 to 2 Tbsp), cover with a lid and cook 1-1.5 more minutes, to melt the cheese. Remove the pan from heat and set aside.

## NOTES & SUGGESTIONS:

- **MEATLOAF MAYHEM:** Want to skip a whole heck of a lot of time and steps with this meatloaf? Skip making it in a loaf pan. You can just form all the meat, by hand, into a big meatloaf shape, on a baking pan. It'll look more like a big square mound, but who cares. Smear it with BBQ sauce, loosely tent it with foil, and bake as directed. It won't look as pretty, but it'll definitely save on time. Plus... you won't use up half the foil in your house.
- **THIN SLICED SMOKED GOUDA???:** This recipe calls for an exact amount of smoked gouda slices (weighed in grams), because of points. My recipe allows for 11 total points to be used for 4 slices of smoked gouda cheese. If you have a food scale, buy whatever type of sliced smoked gouda you want, but make sure to trim each piece so that it is 72 grams of total cheese for all 4 slices, which is 18 grams per slice. Any more than that, and the first sandwich will go up 1 point.
- **MEAT MIXTURE:** As mentioned, make the meat mix from page 26, but add the ingredients mentioned in this recipe:
  - cooked onions, celery, carrots, garlic, bread crumbs, an egg and yogurt. The yogurt will help act as a fake "fat", for our ultra lean ground turkey.
- **CRUMBS:** As mentioned, you can go 2 ways with the crumbs in the meat mix. I'm allowing for 2 points of bread crumbs. If you use store bought crumbs, that's only 2 Tbsp. If, however, you choose to use my DIY Guide to make your own crumbs, you can add around 1/2 cup of crumbs into this mix for 2 points. As you can imagine... I'd recommend making your own crumbs.
- **DOUBLING:** You CAN double the meatloaf recipe, to make a full sized meatloaf. However, you'll need to adjust your points (possibly) as WELL AS increasing the bake time. Use a probe thermometer and bake until your meatloaf is 155 degrees, then take it out and let it rest for 15 minutes. It'll keep cooking and the temp will get up to 165 as it rests.



- 4 **ASSEMBLY:** First, toast your buns, then (A) Spread 1 Tbsp of aioli onto the bottom bun, followed by some lettuce, red onion slices, then some pickles. (B) Place a slice of meatloaf over the pickles, then sprinkle 1-1/2 tsp of crushed French's fried onions onto the cheese. Drizzle some bbq sauce over the fried onions, then spread (C) a 1 Tbsp scoop of garlic aioli onto the top bun. (D) Done.







# Monte Cristo

A Snazzy French-style grilled cheese, with dijon, ham, turkey, swiss cheese, powdered sugar and jam

No... this sandwich isn't from the famous French novel, "The Count of Monte Cristo". (if you haven't seen it, the movie with Jim Caviezel is awesome!!). It's essentially a fancy French grilled cheese sandwich with ham, turkey, dijon mustard and swiss cheese. It then gets dipped into an egg batter and cooked, like French toast, before being dusted with powdered sugar and served with fresh raspberry jam.

## Servings Info.:

Yields: 4 sandwiches  
Servings: 4  
Serving Size: 1 sandwich



R - D  
4-5  
(see notes)

## Ingredients:

These points **DO NOT INCLUDE THE BREAD!!**  
These are the points for the "FILLING"! Add my points  
to whatever sliced bread you end up using.

### Seedless Raspberry Spread/Dip: (makes 1 cup)

- 12oz fresh raspberries (ooooor, any berries you want)
- 1/4 cup 0 calorie sugar replacement o' choice
- 1 tsp lemon juice
- 2 Tbsp water
- pinch of salt
- 1/2 cup water
- 1-1/2 tsp cornstarch, dissolved into the 1/2 cup water

### Sandwich:

- 8 slices any Keto-brand white bread (I used orrowheat)
- 8 slices ultra thin sliced swiss cheese (see notes)
- 3-4 Tbsp dijon mustard
- 3oz (8 slices) deli thin sliced black forest ham
- 4oz (12 slices) prepackaged deli sliced turkey breast
- butter flavored cooking spray

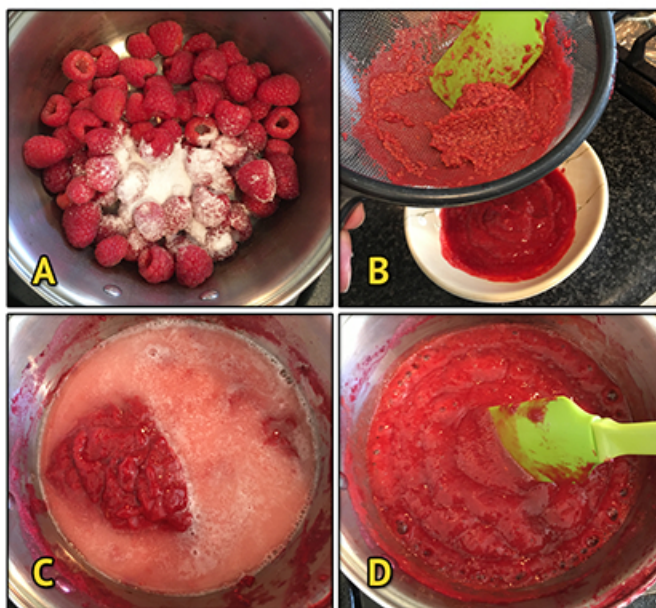
### Egg Batter

- 3 medium eggs
- 1/2 cup unsweetened PLAIN almond milk (not vanilla)
- 1/4 tsp ground nutmeg
- 1/2 tsp salt

### Additional Ingredients/Gear:

- 0 calorie confectioners sugar replacement
- wire mesh strainer, for dusting

## Directions:

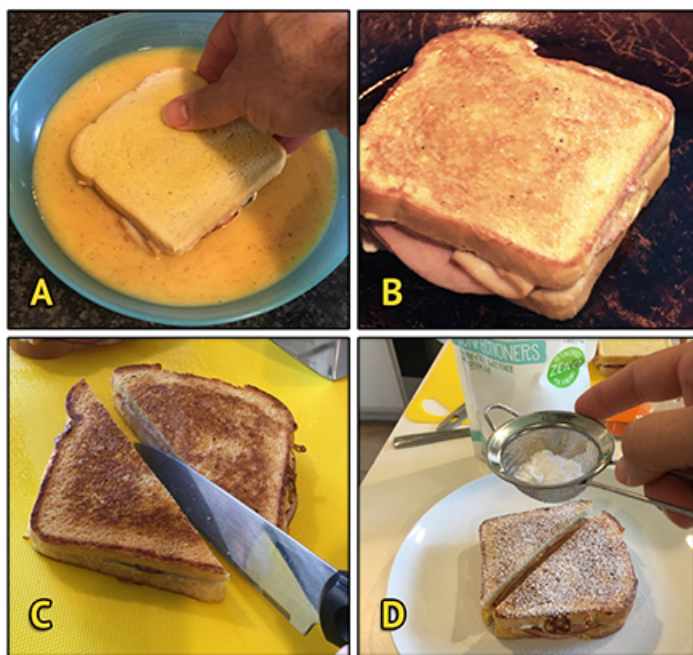


1. (A) Preheat a pot for 1 minute over medium heat. Add the first 5 ingredients for the raspberry dip and bring them to a boil. Lower heat slightly and let simmer for 20 minutes. (B) Pour the super-seedy cooked down mixture into a wire mesh strainer, over bowl. Use a kitchen spoon to press the mix into the strainer over and over, until only smooth puree is down in the bowl and all the seeds are removed. (C) Return the seedless puree back into the pot, along with 1/2 cup water and the dissolved cornstarch and bring back to a boil. (D) Boil over medium heat for 5 minutes. Remove from heat, set aside to cool, then move it to the fridge to set.





- 2 (A) Lay out the bread slices for all 4 sandwiches. Smear some dijon mustard onto 1 side of each slice of bread. Next, place 1 thin slice of swiss cheese over each slice, on top of the dijon. (B) Place 3 thin slices of turkey breast over the swiss cheese, on 1 side of each sandwich. (C) Next, place 2 slices of thin ham over the turkey. (D) Finally, put both halves of the sandwiches together. Spray both sides of each sandwich with the butter flavored cooking spray. Set aside. Can be stored in the fridge 1 day in advance.



- 3 (A) Whisk the batter ingredients together, set aside in a wide bowl. Preheat a pan over medium heat till water sizzles on it's surface then... place 1 sandwich into the egg batter. Let it sit for a few seconds, then flip and quickly soak the other side. (B) Cook each side for 3 minutes, then remove from pan. (C) Use a serrated knife to slice each sandwich diagonally. (D) Place some confectioners sugar replacement into a wire mesh strainer and dust the top of each sandwich. Serve with 1/4 cup of the jam for dipping.

## NOTES & SUGGESTIONS:

- **BREAD:** As always, my listed points DO NOT include the bread. I used Orrowheat brand Keto white bread for mine, which is 1 point per slice. However, use whatever type or brand of low point sliced bread you'd like, then add my points to it.
- **POINTS FOR 1 SANDWICH!!!!:** This is another sandwich where the "1 serving" points shown on the recipe page are actually WAY lower if you only eat/make 1 single sandwich for yourself. The points I show on pg. 108, once again, take into account the ingredients for ALL FOUR SANDWICHES, spread across them. For true accuracy though... if you are only going to have 1 single sandwich, the points for it are REALLY only 2 points for the filling (not 4) on the regular plan, and 3 points (not 5) on the diabetic plan. Why?... If you eat only 1 sandwich, the filling has 1 point from the cheese and 1 point for the ham. The almond milk is 0 points for an amount required to dunk one sandwich and the jam is 0 points on the regular plan, while a single serving would be 1 point for diabetics. So... 2 points for 'regular', 3 points for 'diabetics'.
- **TURKEY SLICES?:** Ok, this one's up to you. Different brands of thin sliced turkey breast deli meat have different points. Even though turkey breast is 0 points for a lot of us, some brands of thin sliced deli meat still have points for their turkey breast. In some cases, their 98% fat free turkey breast is higher in points than their HAM!!!! It makes no sense. For my recipe's points, I used a generic 0 point listing.
- **RASPBERRY JAM/SPREAD:** A couple things: First, if you don't like raspberry, you can swap it out with an equal amount of ANY fresh fruit, for this recipe. Personally, I would have preferred blueberry or blackberry, but... it was a better picture with red jam. Secondly, I am only straining the hot mixture to remove all of the seeds from the finished jam. If your chosen fruit doesn't have seeds, or you don't mind them, skip that step.







## Mushroom & Swiss

Red wine, balsamic and rosemary mushrooms with a garlic, black pepper aioli

I've always liked a good mushroom burger, but the problem is that they're normally pretty high in fat and calories. I cut those down, while amping up the flavor by cooking smarter. We're using 2 thin slices of swiss cheese to hold the mound o' mushrooms in place and boosting the mushroom's flavor with red wine, beef broth, garlic and rosemary. Then, to top it of, we're making a black pepper, garlic, parmesan aioli.

### Ingredients:

#### *Savory Ground Turkey Patties:*

- 3/4 batch of my "Savory" ground turkey, recipe on pg. 26
- Mixed, then formed into (4) 3oz patties. Set aside.

#### *Black Pepper & Garlic Aioli Spread:*

- 1/2 cup fat free plain Greek yogurt
- 1 Tbsp light/reduced fat mayonnaise
- 1 tsp lemon juice
- 2 medium garlic cloves, crushed and minced.
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1 tsp reduced fat parmesan grated topping, like Kraft brand\*\*

#### *Mushrooms:*

- 2 (8oz) packages of sliced baby bella (cremini) mushrooms
- 1 medium garlic clove, minced
- 1/4 cup fat free beef broth
- 1 Tbsp red wine
- 1 tsp balsamic vinegar
- 1/4 tsp pepper
- 1/4 tsp salt
- 1 tsp fresh rosemary, finely chopped

#### *Additional Ingredients:*

- 8 slices ultra thin sliced swiss cheese, such as Sargento or Jarlsberg brand. (12 total points)\*\*

### Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger

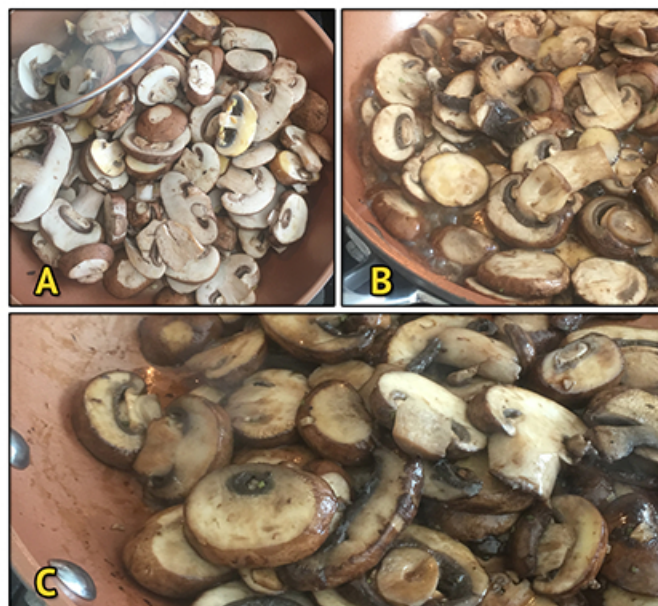


R - D  
4-4

- last checked 03/17/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever brand buns you want, then add my points.

### Directions:

- 1 Combine all of the Aioli ingredients in a small bowl. Stir to combine, cover and set aside in the fridge, so the flavors can meld together.



- 2 (A) Preheat a large pan over medium heat, till water sizzles on the surface. Spray with cooking spray, then add the mushrooms and garlic. Cook, covered, for 5 minutes. (B) Add the beef broth, red wine, vinegar, salt, pepper and rosemary. (C) Cook, uncovered, over medium heat for 8 to 10 minutes, or until most all of the liquid has evaporated. Taste and season with salt/pepper if needed. Turn off heat, cover the pan, set aside.





- 3 Heat a large pan over medium heat, till water sizzles on it's surface. **(A)** Place the formed 3oz patties onto the pan and cook for 2.5 minutes. Flip, then cook for 1.5 minutes longer. After the 1.5 minutes, place 1 slice of swiss onto each patty, **(B)** followed by a scoop of mushrooms and then top the mushrooms with 1 final slice of swiss cheese. Pour a little bit of water into the pan, then cover it for 1 minute. The top cheese will melt over the mound o' mushrooms and hold them in place, in a cocoon of melted swiss cheese. Turn off heat, set aside.
- 4 **ASSEMBLY:** Toast the buns, then **(A)** spread 1 Tbsp of the aioli onto each of the buns (top and bottom). **(B)** Place a burger patty, with the melted cheese and mushrooms onto the bottom bun. **(C)** Cover with the top bun... dig in.

#### NOTES & SUGGESTIONS:

- **CHEESE:** 2 slices of thin sliced sargento brand swiss cheese are 3 points. NORMAL thickness swiss cheese is usually 3 points. So, it gives you options. You can use 2 thin slices, like I did, which are used to keep the 'shrooms from falling out of your burger when you bite it. Or, you can use 1 regular, thicker, 3 point slice on the patty, it's your call. There are 12 total points of swiss cheese for these 4 burgers, as is.
- **THIN SLICED CHEESE:** If you can't find sargento or a different brand "thin" sliced swiss cheese, go to your store's deli section and ask them to cut the cheese for you. Yes... I went there. When you tell them to cut the cheese... tell them you want VERY thin slices, not regular thickness. However, if you ARE able to get that uber-awesome Jarlsberg Swiss cheese, rejoice. THAT cheese is sliced THICK while being the same points as the thin sliced stuff. It's seriously the greatest brand of low point 'light' Swiss, ever.
- **MUSHROOMS:** Use any variety of mushroom you want. You can also use additional mushrooms, chopped up and mixed into the meat, to add more bulk and savoriness to the patties.



# My Big Fat Greek Burger

A 3oz Patty of Greek 'Loukaniko' Country Sausage, with Tzatziki Sauce and a Mound of Feta Cheese

Hoping to get a bite of this burger is the real reason the Persians went to war with the Spartans. My recipe is a flavor explosion not seen since the times of antiquity! A delicious Greek meat patty filled with artichoke, spinach, garlic, red wine, lemon zest & more, over fresh red onions, tomato and lettuce. It's covered in tzatziki sauce, with a salty & creamy feta cheese punch.

## Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger



R - D

1-2

- last checked 05/18/24 -  
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points.

## Ingredients:

- Greek Turkey Burger Patties \*\***
- 3/4 batch of ground turkey 'Loukanio' mix, recipe on pg 25

### Tzatziki Sauce (small batch of my regular recipe):

- 1/2 cup plain fat free Greek yogurt
- 1/4 cup peeled, finely diced cucumber
- 1/2 Tbsp lemon juice
- 1 tsp olive oil
- 1 small garlic cloves, crushed and minced
- 1/2 Tbsp fresh dill, finely chopped, packed
- 1/4 tsp fresh mint, finely chopped (optional)
- 1/8 tsp salt, or more to taste

### Additional Ingredients:

- Shredded or chopped lettuce, any variety you want
- 1 medium red onion, sliced across into thin rings
- 2 Roma tomatoes, thin sliced
- 6 Tbsp reduced fat feta cheese, crumbled

## Directions:

- (Do Ahead): Mix together the tzatziki sauce ingredients, cover and set in the fridge for 1 hour, so the flavors can develop. Mix together the ground meat and set aside, letting it rest for at least 20 minutes.



- (A) After the meat has rested, divide it into 4 sections and form (4) 3oz patties. (B) Preheat a pan over medium heat till water sizzles on the surface. Spray with cooking spray, place burger patties into pan and cook for 2.5 minutes per side. (C) While they are cooking, thin slice the onions and roma tomatoes. (D) Pull the tzatziki sauce out of the fridge and mix it one more time. If desired, toast your burger buns. I'd recommend scooping a little bit of bread from the top bun, so the toppings won't splurt out the side of the bun when you take a bite.





- 3 **(A) Assembly:** Place some of the shredded/chopped lettuce onto the bottom bun, followed by a few of the thin sliced red onions, then sliced roma tomatoes. **(B)** Next, place a burger patty on the tomatoes, followed by a 2 Tablespoon scoop of tzatziki sauce. **(C)** Measure and scoop 1-1/2 Tablespoons of feta cheese onto the tzatziki sauce, **(D)** then finish with the top bun. Opa!!!!

## NOTES & SUGGESTIONS:

- **GREEK MIX:** The 'Loukaniko' is one of my newer meat mixes. It has amaaaazing flavor in my opinion. However, it DOES have a lot of ingredients. If you want to make things easier on yourself, just make a batch of my 'savory' mix. It'll still taste ok, it just won't be Greekugh to make Gus happy. If you go the 'savory' route, it will be easier to make... but it will 100% not taste as flavorful. No amount of Windex will fix that.
- **ROMA TOMATOES:** If you want to add a little bit of a savory depth of flavor to the burger, you can choose to roast, or pan sear the roma tomato slices. It'll add a nice flavor, but you WILL lose the crispness of the fresh tomatoes. Considering I modeled this burger after a Gyro wrap... the fresh produce is key for that.
- **FETA:** You can use reduced fat OR fat free feta. If you use Fat Free, you can use more feta per burger, however, the flavor is much more mild.
- **"IT'S OK, I MAKE LAMB":** "Hey, Daniel... minus the meat mix, this looks an awful lot like a burger version of a Greek Gyro!" Yup, that was what I was thinkin' when I made this thing. With the exception of using a Greek sausage meat mix for the patties, all of the rest of these ingredients are what can be found in a traditional Gyro sandwich. Lettuce, red onion, tomatoes, tzatziki sauce, feta cheese... In the words of Ian Miller's parents, Harry and Harry, "It's all Greek to me!"

"Oh, Taki... the turkey burger, it looks... Greek."







## Oktoberfest Burger

Grab your Lederhosen, we're headed to Deutschland!

Who says Oktoberfest only comes around once per year?! This baby's got enough German cred to give David Hasselhoff a run for his money. I'm pulling out all the cliches I can think of, to pack a blitzkrieg of flavor into this bad boy. Though you can use any buns you want, this burger is so low in points that I opted for a high point pretzel bun for my pictures, but... use any type that you want. This culinary Hans & Franz is loaded with a pan seared, thick slice of red onion and a low fat bratwurst patty, topped with swiss cheese, a mustard-beer sauce and a pile of sauerkraut. Did I mention... mustard-beer sauce!?!?!?

### Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger



- last checked 03/19/23 -  
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points.

### Ingredients:

#### Low Point Bratwurst Patties:

- 3/4 pound batch of my Bratwurst, recipe on pg. 24 Mixed, then formed into (4) 3oz patties. Set aside.

#### Mustard Beer Sauce: (Makes 1/2 cup, 0 total points)

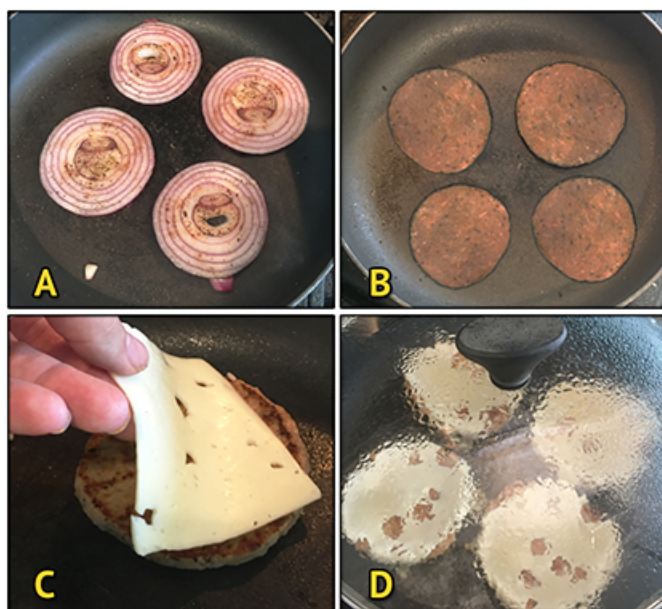
- 2 Tbsp (1oz) Light Beer. Yes.... light beer, deal with it.
- 3 Tbsp dijon mustard
- 3 Tbsp whole grain, stone ground mustard
- 1/2 tsp dry mustard powder
- 1/4 tsp salt
- 1/4 tsp pepper
- a dash of hot sauce, to taste (optional)

#### Additional Ingredients:

- 4 thick slices of red onion, around 1/2 inch thick.
- Sauerkraut. It can be found by the refrigerated pickles at the grocery store.
- 4 slices Swiss cheese. Reduced fat, or thin sliced, such as Sargento brand thin sliced Swiss. (see notes)\*\*\*
- 4 Cornichon/Gherkin, fancy lil French pickles. (optional)

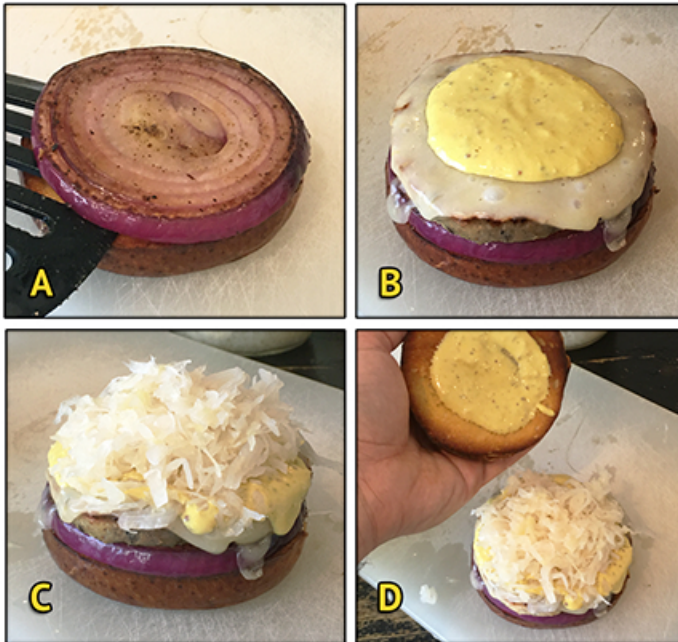
### Directions:

- 1 Mix together all of the ingredients for the Mustard Beer sauce, till smooth. Cover and set aside.



- 2 (A) Heat a large pan over medium heat till water sizzles on it's surface. Spray the onion slices with cooking spray, season with salt and pepper, then place into the pan. Cook for 2 minutes per side, then set aside. (B) In the same pan, cook the Bratwurst patties with cooking spray. Cook for 2.5 minutes over medium heat, then (C) flip the burgers and top with Swiss cheese slices. (D) Add a little water into the pan, cover with a lid, then cook for 2 additional minutes. Remove burger patties from the pan and set aside.





- 3 To assemble the burgers, **(A)** place one of the red onion slices onto the bottom bun, **(B)** followed by one of the bratwurst patties. Spoon 1 Tbsp of mustard sauce onto the melted cheese. **(C)** Take a good scoop of the Sauerkraut from the jar and give it a little squeeze, to remove some of the vinegar brine. Place the mound o' Kraut on top of the sauce. It should resemble the top of Guy Fieri's head at this point. **(D)** Lastly, smear 1 more Tablespoon of mustard sauce onto the top bun, then set it on top of the sauekraut. If you want... you can skewer a small Gherkin pickle with a toothpick, then top your burger with it. Man... the French just can't win.

#### NOTES & SUGGESTIONS:

- **CHEESE:** 2 slices of Sargento brand thin sliced swiss cheese are 3 points. NORMAL thickness swiss cheese is usually 3 points. So, it gives you options. You can use 1 thin slice per burger, like I did, which makes the points for the cheese 1 point on the first burger, 3 for the second, 4 for the 3rd and 6 for the 4th serving of cheese. Or, you can simply scan different brands of Swiss cheese, use whatever you want, and adjust the points of the recipe. Either way, it's a low point burger.
- **THIN SLICED CHEESE:** If you can't find sargento or a different brand "thin" sliced swiss cheese, go to your store's deli section and ask them to slice some swiss cheese for you as thin as they possibly can. OR, go the easy route. By regular swiss cheese, then use my "cutting the cheese" hack to weigh it in grams and slice a little off, to lower it by a point.
- **MUSTARD BEER SAUCE/SPREAD:** If you don't want to use alcohol for your spread, then use water or fat free beef broth. Heck, if you want to add a little sweetness instead, use root beer.
- **SAUERKRAUT:** This is honestly the first time in my life I've tried it. If you don't mind eating pickles or pickled vegetables, you'll like it.
- **GHERKIN PICKLES:** I wasn't planning to putting fancy French pickles on top of the burger, as garnish. However, as soon as I pulled the Bratwurst out of the fridge, the pickles surrendered. Luckily, the Swiss acted as a neutral buffer between the two.







# Orange Chicken

WW-ifying the high point Panda Express entree into a sandwich

I really wanted to think outside of the box with this sandwich. I decided to make a sandwich version of the delicious, yet extreeeeemely unhealthy Orange Chicken entree from Panda Express. The end result is a bit of work to make, but tastes absolutely amazing.

## Ingredients:

### Breaded Chicken Breasts:

- 4 Boneless, skinless chicken breasts
- 1/4 tsp baking soda dissolved with 2 tsp water
- 1 batch of my breading, recipe on pg. 38-39, prepared

### Asian Green Cabbage & Scallion Slaw:

- 1/2 head of green cabbage, sliced very thin.
- 1/4 cup green onion sliced thin, at an angle. Use both the green and white parts (takes about 4 whole green onions).
- 1 Tbsp rice vinegar (unseasoned)
- 2 Tbsp lemon juice
- 1/4 tsp sesame oil
- 2 tsp 0 point sweetener o' choice
- 1/4 tsp each: salt & pepper

### Asian Chili Aioli:

- 3 Tbsp fat free plain Greek yogurt
- 1 tsp light mayonnaise
- 1 to 2 tsp Asian chili sauce
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp lemon juice
- 1 tsp low sodium soy sauce

### AWESOME Orange Sauce/Glaze:

- 1/4 cup orange juice
- 1 Tbsp orange zest, finely chopped
- 3 Tbsp reduced sodium soy sauce
- 4 Tbsp 0 point sweetener o' choice
- 2 medium garlic cloves, minced
- 1 tsp ginger root, finely chopped/minced
- 1/8 tsp red pepper flakes
- 1-1/2 tsp cornstarch, dissolved in 2 Tbsp water.
- 1 Tbsp PLUS 1 tsp sugar free syrup (pancake syrup)

### Additional Ingredients:

- 1 tsp sesame seeds, toasted, for garnish.

## Servings Info.:

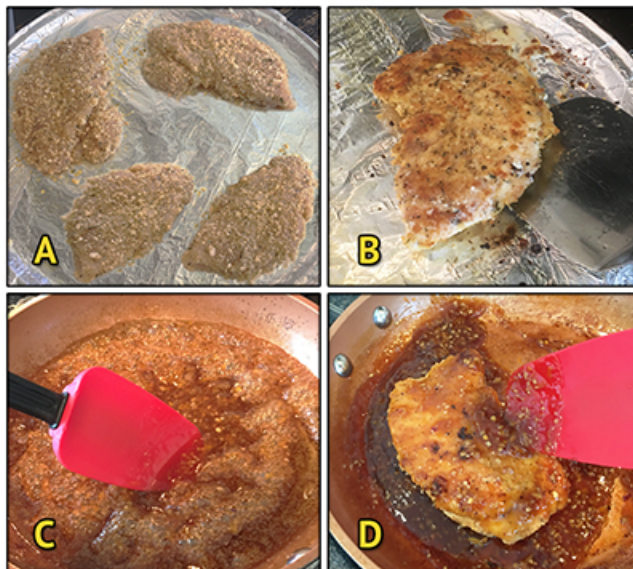
Yields: 4 sandwiches  
Servings: 4  
Serving Size: 1 sandwich



- last checked 03/20/24 -  
Listed Points DO NOT INCLUDE BREAD!

## Directions:

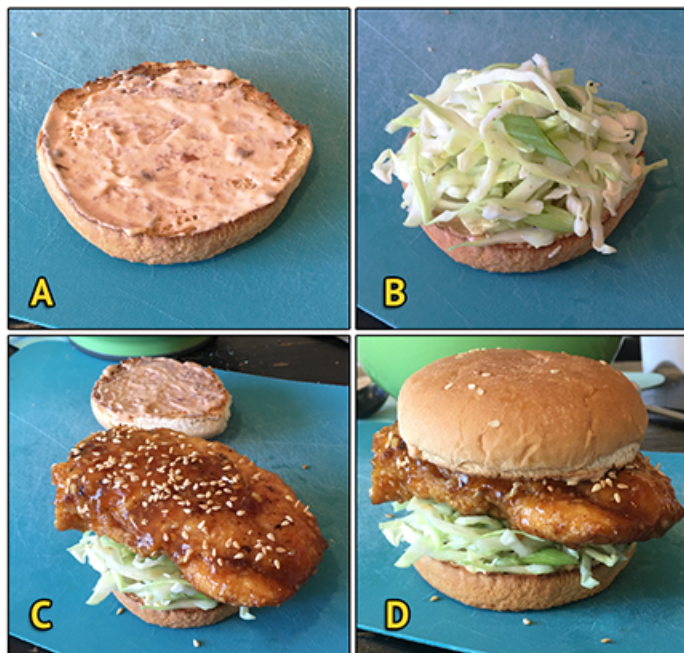
- 1 Mix the cabbage and slaw ingredients together, set aside. Mix the asian chili aioli ingredients together, set aside.
- 2 Mix the chicken breasts together with dissolved baking soda/water solution. Set aside for 20 minutes.



- 3 Preheat oven to 425 degrees. (A) Dust the chicken with flour, then bread the chicken breasts, as shown on pages 37-39. Place onto a foil lined pan, spray both sides with cooking spray, then bake at 425 for 14 minutes. (B) Flip and bake for 5-6 more minutes. Set aside. (C) Heat the orange sauce ingredients in a pan. Bring to a rolling boil for 2-3 minutes, till thick. (D) Add the baked chicken to the pan with the sticky sauce. Toss to coat. Turn off the heat, set aside.



- 4 To toast the sesame seeds, heat them in a small pan over medium heat till lightly browned and fragrant. It'll take 3-4 minutes. Set aside.



- 5 (A) Toast your sandwich buns or bread o' choice, then place a dollop of the Asian chili aioli on the bottom bun. (B) Set a small mound of the green cabbage slaw on top, (C) followed by one of the glazed chicken breasts. Sprinkle 1/4 tsp of toasted sesame seeds on top of the chicken and spread some more of the aioli onto the top bun. (D) Place the bun on top, get your grub on.

## NOTES & SUGGESTIONS:

- **GREEN CABBAGE 'SLAW:** A couple of things:
  - \* Obviously, remove the hard core from the bottom center of the cabbage.
  - \* Slice the cabbage very thin, if you don't, it'll be hard to form into a nice mound on the bun.
  - \* Don't want to shred it yourself? Buy a bag of already shredded up "coleslaw mix" at the grocery store. But... Use my dressing (in the slaw ingredients).
- **BREADING:** The listed points assume you are going to bread your chicken breasts with my low carb breading. If you don't, adjust your points.
- **CHILI SAUCE:** In the Asian food aisle, by the soy sauce, you'll find the chili sauces. I used the "Huy Fong Foods" brand chili garlic sauce. They're the folks that make Sriracha sauce. Most major grocery stores carry it.
- **ORANGE SAUCE:** This sauce is freakin' bomb.com awesome. However, be aware... Unlike deep fried breaded chicken, baked and breaded chicken that gets glazed, only stays crispy for around 10 minutes. a few minutes, then the breading starts to absorb the sauce/glaze. I strongly advise prepping ALL of the other ingredients first, so that as soon as you are finished glazing the chicken in the pan, you can build your sandwich and eat it ASAP.
- **CHICKEN CHUNKS??:** Yes... you can use this sauce to glaze breaded and baked chunks of chicken breast. I actually do that in Cookbook 5: Asian Cuisine, to make a healthy, legit batch of Panda's Orange Chicken.







# Original "BK" Chicken Sandwich

My Healthier Version of the Burger King 'Original' Chicken Sandwich

In this, the second edition of my burger book, I felt I really needed to add a LOT more chicken sandwiches (there were virtually none in the 1st edition). One of my favorite nostalgia fast food chicken sandwiches, growing up, was the OG chicken sandwich from Burger King. This is my much, much healthier version of it.

## Servings Info.:

Yields: 2 sandwiches  
Servings: 2  
Serving: 1 sandwich



These points **DO NOT INCLUDE THE BREAD!!**  
These are the points for the 'FILLING', what goes IN the sandwich. Use whatever bread rolls you want, then add THESE POINTS (the filling) to your bread of choice.

## Ingredients:

### Chicken:

- 10oz ground chicken breast, for making (2) 5oz patties
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/8 tsp baking soda, dissolved with 1/2 tsp water

### Breading: (make ahead of time)

- 1/2 batch of my low carb bread crumbs/breading (pg 38-39)

### Dressing/Spread

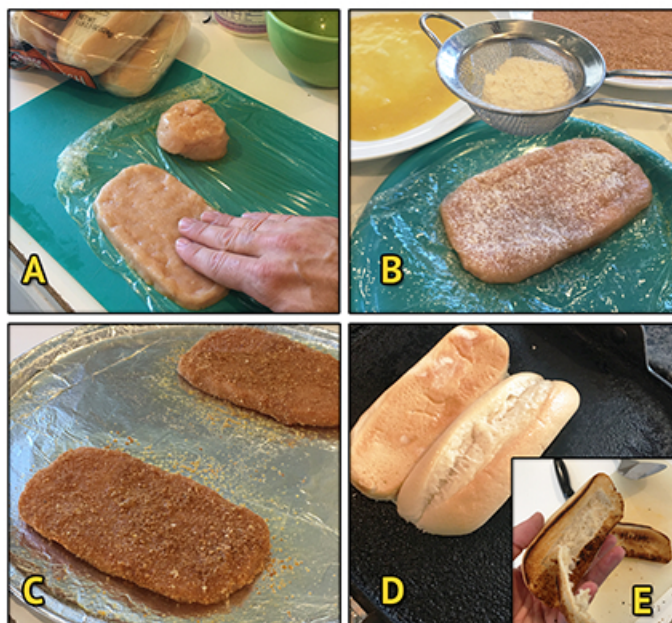
- 1/2 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 1 tsp dijon mustard
- 1 Tbsp white vinegar
- 1/2 tsp 0 calorie sugar replacement o' choice
- 1/4 tsp salt
- pinch o' black pepper
- additional water to thin it, if desired/needed

### Additional Ingredients:

- (2) store bought, french bread hoagie rolls. Scoop bread out of top bun halves, to make a cavity for the shredded lettuce
- Shredded lettuce

## Directions:

- 1 Ahead of time, mix together the ground chicken, salt, pepper and baking soda solution. Let it rest for 20 minutes. Prepare the half batch of toasted breading and egg wash, set aside.



- 2 (A) Measure 2 equal portions from the ground chicken. Then, use your hands to press down and shape each mound'o ground chicken into a patty about the same size as your bread rolls. Place in the fridge for 20 minutes, to firm up. (B) Dust the two patties, on both sides, with 1-1/2 tsp of flour, as shown on page 37. Carefully dredge the patties in egg wash, followed by the crumbs. (C) Place breaded patties on a foil lined pan, spraying both sides with cooking spray. Heat your oven to 400 degrees. Once heated, bake for 12 minutes, then flip and bake for 6 more minutes. (D) While the patties are baking, toast the 'inside face' of your bread rolls on a hot pan. (E) Then, scoop some bread out of the top bun. It removes 1 point of bread AND it makes a cavity to hold the lettuce in place.



- 3 Mix all the ingredients for the Dressing/Spread together, till smooth and well combined. Set aside.



- 4 (A) Smear 2 Tablespoons of the mayo spread onto the toasted bottom bun. (B) Then, place a baked chicken patty, followed by a good sized, heaping pile o' shredded lettuce. (C) Smear the top bun with 2 more Tablespoons of spread. Because you scooped out bread from the top bun, you can either smear it around the edges of the top bun, or into the cavity...you're choice. (D) Place the top bun over the lettuce and relish in the fact you didn't have to drive to Burger King, to get your gnosh on. Go Team!

## NOTES & SUGGESTIONS:

- **THE BREAD!!!!:** As noted, the points for my recipe DO NOT INCLUDE the points for the bread. I want you to be able to use WHATEVER brand or type of bread you want for this sandwich. Add my points to your bread's points. Easy. If you use a 7 point french bread sandwich roll, add those 7 points to the listed points for 1 serving of my sandwich. The hoagie roll I used was a 7 point french bread roll. I scooped out the bread, weighed my roll, and it dropped down to a 6 point roll. With my filling... **my sandwich was an 8 point version** of the BK original chicken sandwich. **The ORIGINAL sandwich, at BK, is 22 points!**
- **DIJON?:** I know it sounds weird, but adding that little bit of dijon mustard to the greek/light mayo spread, reeeeeeally elevates the flavor.
- **LETTUCE:** For my sandwich, which is pictured on these pages, I used chopped romain lettuce. HOWEVER, the real sandwich uses iceberg lettuce, which has a lot more of a crispy crunch. I used romain because it's prettier. For taste, I texture, I prefer the iceberg lettuce... but that's just me.
- **DELUXE CHICKEN SANDWICH:** Want to make this into the BK Deluxe Chicken Sandwich? It's pretty simple. Add some thin sliced tomato, as well as a slice (or slices) of Sargento ultra thin sliced swiss cheese. Easy peasy. Just don't forget to adjust points for the added cheese. On a positive, it'll still be WAY healthier than the BK version, which has a whopping 29 points.





# Patty Melt

The Unspoken Love-Child of a Burger & a Grilled Cheese

Ever wondered what'd happen, if a burger hooked up with a grilled cheese it met at a bar one night, after one too many jello shots? Well, 9 months later, you'd see a baby Patty Melt on a "Who's the daddy?" episode of Maury. When that happens, you get a burger patty topped with caramelized onions, with a grilled cheese for a burger bun. Talk about some serious daddy issues.

## Servings Info.:

Yields: 4 sandwiches

Servings: 4

Serving Size: 1 sandwich



R - D

3-3

- last checked 03/21/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever bread you want, then add my points to the bread.

## Ingredients:

### Ground Turkey Patties:

- 3/4 batch of my Savory ground turkey, recipe on pg. 26, formed into (4) 3oz patties. Let rest for 20-30 minutes.

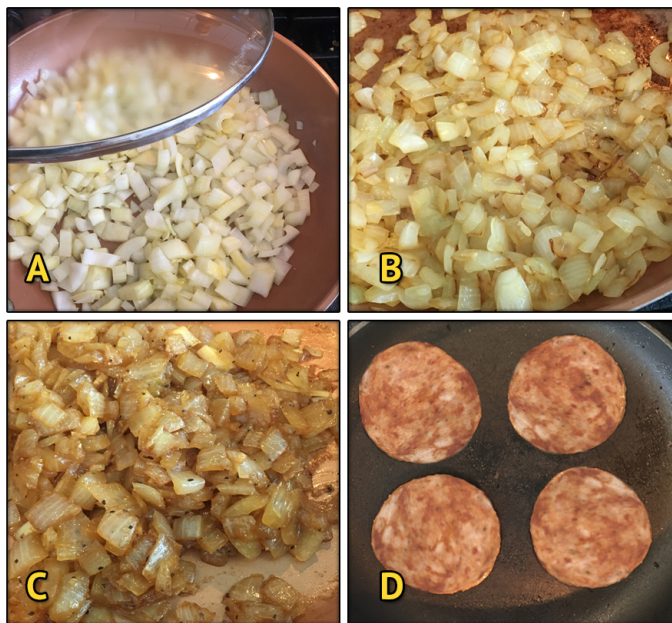
### 'Beefy' Caramelized Onions:

- 2 large onions, diced
- 0 point cooking spray
- 1 medium garlic clove, chopped
- 1/2 cup beef broth, fat free
- 1/2 tsp salt
- 1/4 tsp black pepper (use white pepper if ya want)
- 1/2 tsp onion powder

### Additional Ingredients:

- 8 slices of low point cheese. For THIS recipe, I am using Velveeta Original singles. **(SEE NOTES)**\*\*\*
- Butter flavored cooking spray **(SEE NOTES)**\*\*\*
- 8 slices of low carb or keto bread. (I am not including the bread in the points for this recipe, which is my norm)

## Directions:



- 1 **(A)** Over medium heat, Use cooking spray to cook the onions and garlic, covered, for 10 minutes. Stir occasionally, so they don't burn. **(B)** Remove the lid after 10 minutes, then add the beef broth, salt, pepper and onion powder. **(C)** Reduce heat to medium-low, bring to a boil, then simmer, uncovered, for 6-8 minutes, or until all the liquid has evaporated. Cover and set aside. **(D)** Preheat a large pan over medium heat, until water sizzles on the surface. Place the burger patties into the pan and cook for 2.5 minutes on the first side, then flip and cook for 2 more minutes. Remove patties from the pan and set aside. Reduce the stove's temperature to medium-low and continue heating the pan... we're about to use it again.





- 2 (A) Use butter flavored cooking spray, to spray all of the sliced bread, on one side, with a good 1-2 second burst. Place 4 of the bread, 'buttered' side down, onto the hot pan. (B) Place 1 slice of cheese on to each slice of bread, followed by a burger patty and a scoop of the caramelized onions. (C) Place another slice of cheese on top of the onions, followed by a new slice of bread. Spray the top of the bread with cooking spray, then walk away. (D) Cook the sandwich over medium-low heat for a few minutes, until the bottom is nice and toasted. Then, flip your sandwich and cook the other side till it's toasted as well. Repeat this process to make all four pattie melts. Then, rejoice... and praise this cheeseburger/grilled cheese hybrid!

### NOTES & SUGGESTIONS:

- **CHEESE:** For my cheese, because Patty Melt's are traditionally made with American cheese, I used Kraft original singles. They are 1 point for 1 slice, 3 points for 2 slices. In this particular burger, the only points (other than the bread) are from the 2 slices of cheese. Use whatever type or brand of cheese you want. But, adjust your points if necessary.
- **BREAD:** I used "Orrowheat Superior Keto" bread. It is 1 point per slice. It is hands down, my favorite brand of white 'Keto' bread. However, not everyone has access to it, so you can use ANY lower point bread that you wish, such as Sara Lee 'delightful' 45 calorie bread, which is 2 slices for 3 points. Use whatever bread you want.
- **COOKING SPRAY:** Don't want to spray your bread with cooking spray to toast it? Try this little trick, it actually works well. In the same way that you'd spread some mayo on bread with a butter knife... spread a thin layer of Greek yogurt on the bread instead of butter or mayo. It'll toast and crisp up just fine.
- **WHERE'S THE RYE ?:** Whenever you get a Patty Melt at a diner, it usually gets made with Rye bread. Sadly, nobody makes low point rye bread, so... I used keto white bread. If you insist on having that 'rye' flavor in your patty melt... you can always add a little bit of caraway seeds into your pan with the onions, so they'll impart that flavor to your caramelized onions.







## Philly Chicken Cheesesteak

My insanely non-traditional, though immensely delicious version of a Philly chicken sandwich

For this sandwich, I wanted to make an insanely delicious chicken cheesesteak, with my own personal spin. One of the main complaints with a 'Philly chicken', especially when using chicken breast, instead of thighs, is it can be dry. That problem gets removed thanks to adding the baking soda solution, which helps tenderize the meat and make it plump up when cooked. Pan searing the veggies and chicken rather than just sauteeing them, is also a huge difference. The searing adds more texture and caramelization, which means more flavor than just sauteeing it all together. One-note, versus Many-notes.

### Servings Info.:

Yields: 2 sandwiches  
Servings: 2  
Serving: 1 sandwich



These points **DO NOT INCLUDE THE BREAD!!**  
These are the points for the "FILLING", what goes IN the sandwich. Use whatever bread rolls you want, then add THESE POINTS (the filling) to your bread of choice.

### Ingredients:

#### Chicken:

- (1) 10-12oz large boneless skinless chicken breast \*\*
- 1/4 tsp each: onion powder, garlic powder, paprika and dried Italian seasoning
- 1/8 tsp each: salt & pepper
- 1/8 tsp baking soda, dissolved with 1 tsp water, set aside.

#### Veggies:

- 1/2 green bell pepper, thin sliced
- 1/2 red bell pepper, thin sliced
- 1 small onion, halved and thin sliced

#### Additional Ingredients:

- 4 slices THIN SLICED provolone cheese \*\*
- 2 french bread hoagie rolls \*\*
- Butter flavored cooking spray

### Directions:

- 1 **Do Ahead:** Take your hoagie rolls (or rolls of choice) and scoop out some bread from the top half. It reduces points AND creates a cavity for the filling. If you want, you can also toast the open faced side of the rolls. Set aside.



- 2 (A) Take your time and carefully slice your chicken breast as thin as you can. Don't worry if some of the slices tear, that's perfect. (B) Place the very wet/moist chicken slices onto paper towels and pat dry. Mix together with the listed chicken seasonings and baking soda solution. Let rest for 30 minutes. (C) While the meat rests, heat a large pan over medium-high heat for 1 minute. Spray with cooking spray, then add sliced veggies. **DON'T MOVE'EM!!** Let them sit and sear for 3 minutes, then stir/toss and let cook for 3 more minutes without moving/stirring them. Remove from pan, set aside. (D) Spray pan with cooking spray and add the chicken. Break it up in the pan a bit, then let it cook, without touching it, for 2.5 minutes. Break up the meat again, then cook for 2.5 more minutes.



- 3 Add the veggies back into the pan. Add a little water, about 2 Tbsp, then stir and cook for 1 minute.



- 4 (A) Separate the meat/veggies into 2 mounds, roughly the size of your bread rolls. (B) Place 2 slices of provolone onto each mound, add a splash of water to the pan and cover with a lid to melt the cheese. (C) Now is the tricky part. Open your toasted sandwich roll and place it down OVER 1 of the mounds. It's about to get messy. (D) Use your hand to close the roll over the mound and use a spatula to scoop the filling INTO the roll, as you turn it over. TA DA!!!!

**Note:** If that's too much for'ya, skip step C and use a big kitchen spoon to scoop the filling into the sandwich, like civilized folk.

## NOTES & SUGGESTIONS:

- **THE BREAD!!!!!!:** As noted, the points for my recipe DO NOT INCLUDE the points for the bread. I want you to be able to use WHATEVER brand or type of bread you want for this sandwich. Add my points to your bread's points. If you use a 7 point french bread sandwich roll, add those 7 points to the listed points for 1 serving of my sandwich, boom, done.
- **BREAD SCOOP??:** As stated, scooping out bread from the top half not only reduces your bread by 1 point, but it also makes a cavity to help keep your filling in place...and this sandwich has A LOT of filling.
- **KETO HOT DOG BUNS:** If you REALLY want to cut the points while still totally filling up, skip the hoagie roll. Buy some 1 point 'Keto Hot Dog Buns' instead.
- **CHEESE:** 1 slice of ultra thin sliced sargento provolone is 1 point and 40 calories. NORMAL sliced provolone is usually 3 to 4 points per slice. If you can't find thin sliced provolone cheese at your supermarket, go to the deli section and ask them to slice some provolone for you. Tell them you want **VERY** thin slices, not regular thickness. When you get home, weigh a slice with your kitchen scale, so you can see how many points your freshly sliced cheese is, by weight in grams. MOST grocery stores sell thin or ultra thin sliced provolone though. If you can't find ultra thin sliced provolone, or your store's deli department can't thin slice it for you, feel free to use thin sliced, (or shredded part-skim milk) mozzarella cheese. Any packaged cheese My recipe's points are calculated using Sargento ultra thin sliced provolone. If you use a different brand/type, you may need to adjust your points.
- **BLASPHEMY!:** If you really want to start a Holy War, go ahead and use Cheez Whiz. Some folks love it in place of provolone, but if you do use it, don't admit it publicly.
- **SANDWICH FLIP:** Let's be real here... Step "4C & 4D" can be a bit risky and difficult to pull off. If you want an easier way to get all that hot filling into the roll, simply scoop it up and flip it into the roll with a spatula or kitchen spoon. Easy peasy.







# Reuben Burger

I decided to morph the classic deli sandwich into an easy to make, delicious, healthy burger

A traditional reuben is a pastrami sandwich's tough older brother that's spent time in the joint and has some attitude. A reuben sandwich typically has thousand island dressing, sauerkraut and a thick pile of pastrami with melted swiss cheese. To make my healthy, low fat burger version, we're using deli thin cut pastrami, so we can get a good amount for only 1 point added onto each burger. Then, we're topping it with a thin sliced of melted swiss cheese. It gets finished off with my nearly fat free thousand island dressing and mound of sauerkraut.

## Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger



- last checked 03/23/24 -  
Listed Points DO NOT INCLUDE BREAD! Use whatever brand rolls you want, then add my points.

## Ingredients:

### Burger Patties:

- 3/4 batch of 'savory' ground turkey, recipe on pg. 26, formed into (4) 3oz burger patties. Set aside to rest for 20-30 mins.

### Thousand Island Dressing:

- 1 batch of my thousand island dressing, recipe on pg. 23

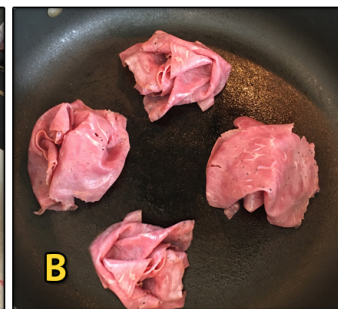
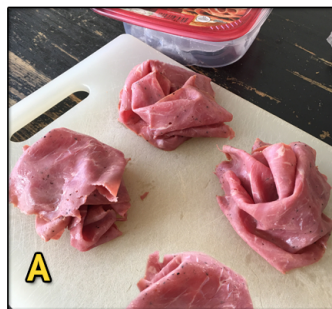
### Additional Toppings:

- Sauerkraut. You can find it in the grocery store, jarred, near the pickles. Or, they sometimes have fancier brands by the deli section
- 4 slices Swiss cheese, ultra thin sliced. **(see notes)\*\***
- Thin cut pastrami, up to 4 points worth, divided into four portions. *(I used Hillshire farms ultra thin sliced)* **(SEE NOTES)**



## Directions:

- 1 Prepare thousand island dressing. Cover and set aside.
- 2 Preheat a pan over medium heat till water sizzles on it's surface. Spray with cooking spray and cook the burger patties for 2.5 minutes per side. Remove and set aside.



- 3 **(A)** Separate your thin cut pastrami into four 1 point mounds (weigh in grams, using a kitchen scale). **(B)** Preheat a pan for 1 minute on medium-high heat till water sizzles on the surface. Then, place the 4 mounds into the pan and sear them for 1 minute. **(C)** Flip the mounds, trying to keep their shapes and cover each one with a slice of Swiss cheese. **(D)** Put a little water in the pan, cover with a lid, and cook for 1 minute, or until the cheese begins to melt. Turn off heat.





- 4 (A) Toast your burger buns o' choice, then smear the bottom bun with some of the thousand island dressing. (B) Place a burger patty onto the dressing, then grab a good sized mound of 'kraut, squeeze it over a bowl to drain most of the liquid from it (trust me, you do NOT want a ton of pickled cabbage juice poured onto your burger...), then place it on top of the burger patty. (C) Next, set one of the mounds of pastrami and melted swiss onto the mound of 'kraut. (D) Finally, smear some more thousand island onto the top bun. Done.

## NOTES & SUGGESTIONS:

- **DRESSING:** Don't like thousand island? Use mustard instead. Stone ground mustard would go well with this.
- **PASTRAMI BURGER:** If you don't like the thought of a big pile of smelly, pickled cabbage on your burger, replace it with lettuce and tomato. Guess what, you just made a Pastrami Burger.
- **Pastrami:** I found "hillshire farms, deli thin cut pastrami" at the grocery store, in the cold cut meat section. A 7oz package is ONLY 4 points!!! For all of it! There were 13 large slices in the container. I divided it into 4 portions, so each burger got 3 slices for 1 point... don't ask what happened to the extra slice. \*cough\*  
Use any brand of thin cut pastrami, or thin cut turkey pastrami you want. You can even go to the deli counter and ask them to slice you some pastrami as thin as they can. Then go home and measure the meat by weight, in grams. Use a 1 point amount, per burger.
- **Swiss Cheese:** 2 slices of Sargento brand thin sliced swiss cheese is 3 points. NORMAL thickness swiss cheese is usually 3 points per slice. So, it gives you options. If you can't find packaged thin sliced swiss, you have 4 options:
  - 1) You can use regular, higher point swiss and adjust your burger's points.
  - 2) Buy any brand swiss you want, weigh the slices in grams, then trim some cheese away so it lowers in points, down to 1 point for a slice.
  - 3) Ask the folks at the deli counter to slice you some Swiss cheese, as thin as they possibly can. Then when you get home, weigh it, in grams, to check the points. Then you can trim it if you want.
  - 4) Say "screw it!", use a regular thickness slice of full fat Swiss cheese, tell yourself the points are worth it, "It's MY plan!" and you do you! Rock that cheese, baby!







# Salmon Burgers

My salmon cake appetizer, as a burger sized patty

In Cookbook 2 I tweaked Ina Garten's famous crab cake appetizer, to use salmon instead of crab (and make it much healthier). After making them and realizing they were amazing, I thought making a larger patty might make an amazing salmon burger. Booooooy was I right, these are fantastic. Of all of the burgers that I've put into this book, these Salmon burgers are the one recipe I've remade for my wife and I, more than any other in this book. Second would be the Kafta burgers.

## Servings Info.:

Yields: 4 sandwiches

Servings: 4

Serving Size: 1 sandwich



R - D

1-1

- last checked 03/23/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever brand rolls you want, then add my points.

## Ingredients:

- 1 pound fresh or previously frozen salmon, no skin... because that'd be gross. Oh... AND DON'T USE CANNED SALMON! We aren't savages!! (see notes)
- 3 Tbsp finely diced red bell pepper
- 3 Tbsp finely diced yellow bell pepper
- 3 Tbsp finely diced red onion
- 3 Tbsp finely diced celery
- 2 Tbsp chopped flat leaf parsley
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/2 tsp old bay seasoning
- 1 large egg
- 1/4 cup fat free Greek yogurt
- 1 tsp worcestershire sauce
- 1 Tbsp dijon mustard
- dash of hot sauce, optional
- 1/2 cup of low carb bread crumbs (recipe on pg. 38). You'll need to use 2 slices of keto bread to get 1/2 cup of crumbs

### Tartar Sauce: (make ahead of time)

- 1 batch of my tartar sauce, recipe on pg. 20

### Additional Ingredients:

- Lettuce
- Tomato slices
- Thin Sliced red onion

## Directions:



- 1 (A) Heat a pan over medium heat, till water sizzles on it. Spray with cooking spray, then add the red and yellow bell peppers, red onion, celery and flat leaf parsley. Cook till just softened, season with salt, pepper and old bay. Set aside, allowing to cool to room temperature. (B) Dice all of your salmon into small bite sized chunks (or pulse it in a food processor). You don't want perfectly uniform diced salmon, you want small pieces of varying sizes. (C) Place the cooled vegetables, chopped salmon, egg, yogurt, worcestershire, hot sauce and dijon mustard into a large mixing bowl. Mix until combined. (D) Add the bread crumbs into the bowl and mix until well combined. Cover the bowl with plastic wrap and allow to rest in the fridge for 30 minutes, to give all of the ingredients time to bind together.





- 2 Preheat oven to 400 degrees. After the salmon has set for 30 minutes in the fridge, **(A)** divide the mix into 4 parts. **(B)** Form into 4 patties and set on a parchment paper lined baking pan. **(C)** Spray with cooking spray, then bake for 16 minutes at 400 degrees. Remove from oven, flip the patties, **(D)** spray with cooking spray, then bake for another 8-10 minutes, or until juice comes out clear when you pierce the center with a knife. Remove from oven, let cool for 5 minutes.
- 3 To assemble the burgers, toast the buns and then **(A)** place a dollop of tartar sauce onto both the top and bottom buns. **(B)** Place some lettuce on the bottom bun, followed by a slice of tomato, then thin sliced red onion. **(C)** Place one of the salmon patties (they are big... enjoy) on top of the red onion and then finish with a squeeze by capping it with the top bun. You can have up to 1/4 cup of my tartar sauce for 1 point, so if you'd like to add some more directly on to the salmon patty... go for it. **(D)** Enjoy.

### NOTES & SUGGESTIONS:

- **SALMON:** For the love of God... do not use drained, canned salmon for these salmon cakes. Years ago, in Connect, someone told me they tried these and they were terrible. Turns out, they opened a can of salmon drained it (LIKE CANNED TUNA FISH!) and used that to make these burgers. That is NOT my recipe... that would be more like [@chiafullo's](#).
- **GLUTEN:** If you want to make these salmon patties, but are worried about the gluten in the keto bread... make the crumbs with any gluten free bread you want, or even use gluten free premade bread crumbs. Adjust the points as needed.
- **DAIRY ALLERGY:** If you're allergic to dairy, you can make this recipe by substituting the yogurt for tofu in both the tartar sauce and the patties. Blend tofu with some water, a little at a time, until it takes on a texture similar to yogurt. The taste won't be as awesome, but it'll still work. Add a little more lemon juice to help.
- **HUGE SALMON CAKES:** I've gotta mention it. I make this recipe A LOT. However, I don't usually make the full burger, I constantly make these patties, on their own, for my wife and I. These make gargantuan sized salmon cakes. If you would like to make them into appetizer sized portions (for entertaining) check out the recipe page from Cookbook 2, which you can view on my website, at no charge.







# Sausage & Peppers

Italian sausage patty with fresh basil, sauteed onions & peppers, roasted garlic, provolone cheese and marinara

One of my favorite Italian sandwiches ever is a good Italian sausage & peppers sandwich. It's typically made with links of pork Italian sausage, in casing, in a roll with cooked peppers, cheese and marinara sauce. This is my lightened up burger version, using my ground turkey Italian sausage recipe for the patties. This burger is so delicious, even @Chiafullo would order it, during one of his weekly sojourns to Olive Garden, for Cannoli.

## Servings Info.:

Yields: 4 burgers

Servings: 4

Serving Size: 1 burger



R - D

2-3

- last checked 03/27/24 -

Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.

## Ingredients:

### Savory Ground Turkey Patties

- 3/4 batch of my Italian sausage, recipe on pg. 25

### Roasted Garlic Spread

- 9-10 medium garlic cloves (for this recipe, i'm approaching it as if you are using garlic cloves still in their 'skin')
- 1/4 tsp olive oil
- 2 Tbsp plain fat free Greek yogurt
- 1 tsp light mayonnaise
- 2 tsp white wine vinegar (or regular distilled white)
- 1/8 tsp salt
- 1/8 tsp cracked black pepper
- 1/2 tsp garlic powder

### Marinara Sauce

- 1 batch of my '5 minute marinara', recipe on pg. 16
- (or, use any 0 point marinara you want)

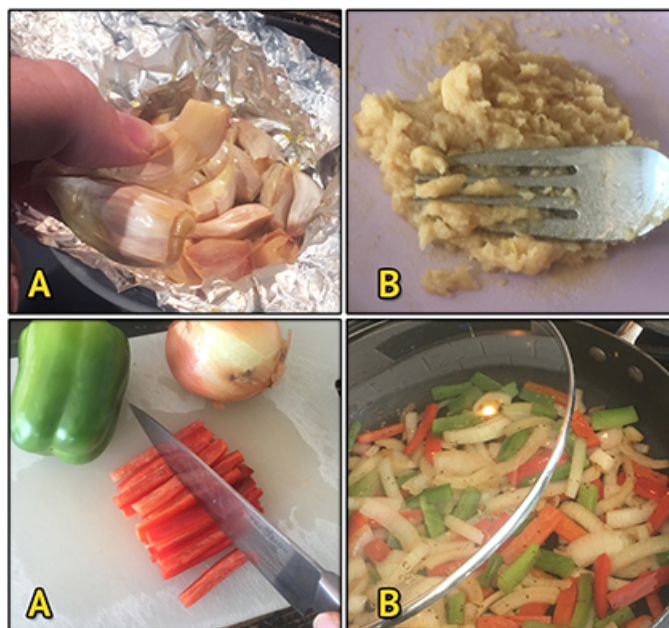
### Onions & Peppers

- 1 onion, cut into 1/4's, then thin sliced
- 1 green bell pepper, cut into thin slices, then cut those in half.
- 1 red bell pepper, cut into thin slices, then cut those in half.
- salt and pepper, to taste

### Additional Ingredients:

- 4 slices provolone cheese, thin sliced. You want the first slice to be 1 point, scan till you find the right brand.
- Fresh basil

## Directions:



- 1 (A) Preheat oven to 375 degrees. Place garlic cloves in a small foil pouch and drizzle with the olive oil and spray into the pouch with cooking spray. Close the foil and bake for 35-40 minutes. (B) Remove from the oven slightly open the pouch and let cool for 10 minutes. Remove garlic bulbs from the skin (if you're using garlic with skin on) and use a fork to mash the garlic. Mix mashed garlic with the rest of the 'Garlic Spread' ingredients. Set aside. (C) Slice the peppers and onions into long thin strips, then cut those strips in half, as pictured. (D) Using cooking spray, cook the veggies, covered, over medium heat for 8-10 minutes. Season with salt and pepper. Set aside.





- 2 (A) Divide the raw meat into 4 sections and form into (4) 3oz patties. (B) Heat a large pan over medium heat, till water sizzles on it's surface. Spray the pan with cooking spray, then place the patties onto the hot pan. Cook over medium heat for 2.5 minutes on 1 side, then flip the patties. Place a slice of cheese onto the burger patties, add a little water to the pan, then cover and cook for 2 more minutes. Set aside.



- 3 To assemble the burgers, first toast the buns. Scoop some bread out of the top bun, to make a cavity which will help hold the onions and peppers in place, later. (A) Spread some of the roasted garlic spread onto the bottom bun of each burger. (B) Place a few leaves of fresh basil onto the bottom bun, (C) followed by the Italian sausage patty with melted provolone. Add some marinara sauce (as much as you want), (D) then place a mound of the cooked onions and peppers onto the pattie... which will be held in place by the cavity in the top bun, so now they won't shoot out the sides of your burger when you take a bite. Finally, cover with the top bun. Ta Daaaaaaa!!!!

## NOTES & SUGGESTIONS:

- **Marinara:** Use whatever brand you want, make your own, or make mine, as long as it's a 0 point sauce.
- **Roasted Garlic:** There are different ways you can prepare garlic for roasting. You can slice across an entire bulb of garlic, like you see on cooking shows. I chose not to show that method, so that less experienced cooks wouldn't risk losing a limb. You can cut individual cloves like I did, cut through an entire head, as is typical, or use my slow cooker roasted garlic recipe from cookbook 1. Any way works. There IS no wrong way, (unless you burn it), it's all personal preference.
- I highly, highly, HIGHLY recommend toasting the fennel seeds in the Italian Sausage meat mixture. It makes a huge difference with the flavor.







## Shrimp Po'Boy

My lightened up version of this Louisiana classic is so good, even Bobby Boucher's Momma'd like it. Go Mud Dogs!

Breaded CRISPY jumbo shrimp, piled atop a thick slice of tomato, shredded lettuce... and dressed with a fan-freakin-tastic dressing. This lightened Po'Boy is so good it'll make you slap yo'momma back to the Bayou! We're even making a kicked up spread, instead of regular mayo, which is my skinnied down version of the Outback Steakhouse "blooming onion" dip, kicked up with cajun spices and a dash of hot sauce. Though I use shrimp in this recipe, you could use this recipe as a template to make a breaded, baked catfish, alligator, or oysters, Po'boy.

### Servings Info.:

Yields: 4 sandwiches  
Servings: 4  
Serving Size: 1 sandwich



- last checked 03/27/22 -  
These points **DO NOT INCLUDE THE BREAD!!**  
Use whatever bread rolls you want, then add THESE POINTS.

### Ingredients:

- 1/2 lbs X-Large (16-21 count) shrimp. Peeled, deveined, tail off. You want 10-12 total shrimp (**SEE NOTES**)

#### Breeding:

- 1/2 batch of prepared breeding, recipe on pages 38-39

#### Creole Remoulade/Dressing: (see notes)

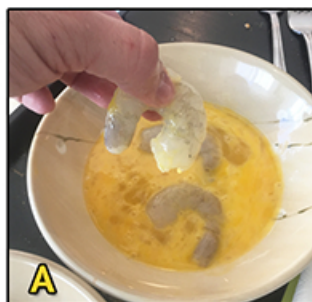
- 1/4 cup plain fat free Greek yogurt
- 1 Tbsp "prepared" jarred horseradish (scan for 0 points)
- 1 Tbsp stone ground mustard (scan for a 0 point brand)
- 1 Tbsp apple cider vinegar
- 1 or 2 tsp hot sauce of choice (to taste)
- 1/4 tsp garlic powder
- 1 tsp smoked paprika
- 1 Tbsp no sugar added, generic ketchup (0 points)
- 1 tsp lemon juice
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1/2 to 3/4 tsp cajun seasoning (to taste)

#### Additional Ingredients:

- Thin sliced/shredded lettuce, any variety (typically iceberg)
- Tomato slices
- Dill pickle slices
- (2) French bread sandwich rolls. Any brand (see notes)
- 20th anniversary DVD of "The Waterboy", Go Mud Dogs!

### Directions:

- 1 Mix all of the Remoulade ingredients together, set aside. Preheat your oven to 425 degrees. Line a large baking pan with foil and coat with cooking spray, set aside.



- 2 (A) Whether you buy fresh or frozen shrimp, rinse them off, then dry them with paper towels. (B) Dredge the shrimp in your egg wash, making sure to let the excess egg run off of each shrimp. You do NOT want tons of egg dripping into your breading and causing it to clump up. (C) Do NOT go the "shake and bake" route, do NOT dump all of the crumbs in a bag with the shrimp and shake it... it will not work. Place a couple of shrimp at a time into the crumbs, then (D) GENTLY use 2 forks, or your dry hand to lightly coat the shrimp. Repeat the process until all of your shrimp are coated. Set the shrimp onto your foil lined baking sheet. Spray both sides with cooking spray.



- 3 Preheat your oven to 425 degrees. When the oven is at 425, bake for 14 minutes. Remove shrimp from oven, flip them over, then bake for an additional 2-3 minutes. Remove from oven, set aside.



- 4 (A) Toast your hoagie rolls on a hot pan, then (B) remove some bread from the top bun. This cavity will help the shrimp stay in place. (C) Get all your fixins ready to assemble your sandwich.
- 5 To assemble the Po'Boys, (A) smear each both sides of the bread roll (top and bottom) with 1 Tbsp of the Creole remoulade. (B) Place a mound of shredded lettuce on the bottom bun, followed by some tomato slices, then sliced dill pickles. (C) Arrange 5 pieces of shrimp on top of the pickles, then (D) place the top bun, with spread, onto the shrimp. Done.

#### NOTES & SUGGESTIONS:

- **SHRIMP:** You want to get shrimp that says size "15-21" or "16-20", which means you'll get between 15 to 21, or 16 to 20 shrimp per pound. They also might simply be marked on the bag as "X-Large" shrimp. The point being, you want big shrimp. Yes, I know it's an oxymoron, but I didn't name the things.
- **CATFISH PO BOY:** It goes without saying, you can use my breading to bread and bake any protein you want. Including the obvious: Catfish, Alligator, etc.
- **DAIRY ALLERGY:** If you're allergic to dairy, you can make this recipe by substituting the yogurt and mayo for tofu in the remoulade. Replace them both with an equal amount of semi-firm tofu, blended with some water, until you get your desired consistency. Adjust points accordingly. The taste won't be as awesome, but it'll still work.
- **DRESSING:** Just a reminder, this dressing is my low calorie version of the Outback Steakhouse 'Bloomin' Onion' sauce. The only change is that I added a little bit of 'Cajun seasoning' and gave it a fancy 'remoulade' name. If you want the regular Outback sauce, just remove the Cajun seasoning.  
If you don't want to use it, simply use my mayo substitute, or you can even go super simple and spread fat free greek yogurt onto the bread. You do you, I won't judge.







# Sloppy Joe

Ground Turkey and Onions in a Thick & Savory Tomato Sauce

When I was growing up, a Sloppy Joe was pretty much some ground beef mixed with a can of 'Manwich' sauce. My lightened up recipe uses ground turkey breast that's heavily seasoned, with a seasoned tomato sauce that's tightened with a little cornstarch, instead of extra tomato paste. Tomato paste is commonly used for richness and depth of flavor. Well, we get that from beef broth, tomato sauce and the use of a heavily seasoned meat mix. Why add points when we don't need to.

## Servings Info.:

Yields: 4 cups of meat.  
Servings: 4 Sandwiches  
Serving Size: 1 cup scoop



- last checked 03/29/24 -  
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.

## Ingredients:

### 'Savory Ground Turkey':

- 1lb batch of my 'Savory' ground turkey, recipe on pg. 26, with the following additions to the raw mix:
  - Add 1/3 cup fat free beef broth to the raw mix (it'll be a wet, sticky mix... that's ok. Use the "sticky meat mix" hack)
  - 1 juuuuumbo onion, or 2 large onions, diced
  - 1 medium garlic clove, minced (fresh garlic is best)

### Sauce Ingredients:

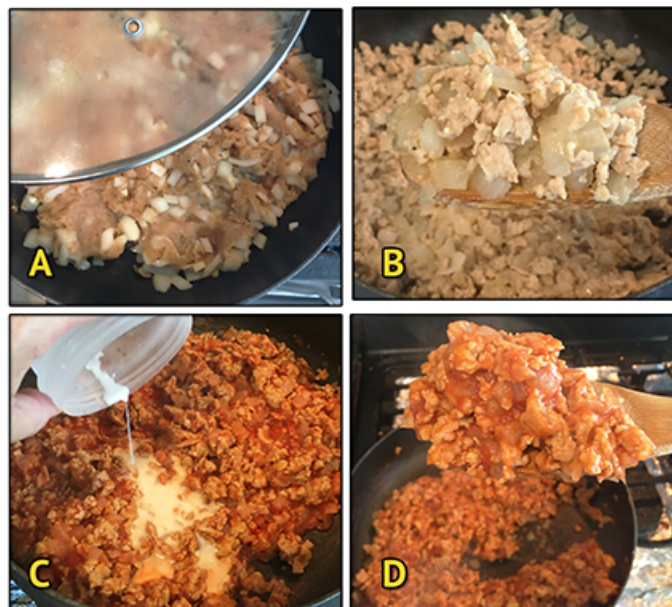
- 15oz canned tomato sauce
- 1/2 cup fat free beef broth
- 1-1/2 tsp cornstarch, dissolved with 1 Tbsp water
- 1/2 tsp salt
- 1/4 tsp coarse black pepper

### Additional Ingredients:

- (optional) Thin sliced red onion. I like mine veeery thin for this sandwich. It's purpose is to act as a barrier between the moist meat and the bottom bun. Nobody likes soggy buns. Well... at least that's what Sir Mix-a-lot says.

## Directions:

- 1 Mix all of the ingredients together for a batch of my savory ground turkey, with the added beef broth. Then, add in the diced onion and minced garlic, mix till well combined. Set aside for 20-30 minutes.



- 2 (A) Preheat a large pan over medium heat, till water sizzles on it's surface. Spray the pan with cooking spray, then add the meat mixture. Cook, covered, for 10 minutes over medium heat. (B) Every minute or so, remove the lid and break up the meat into smaller and smaller pieces. When the onions are softened, remove the lid and (C) pour in the 'Sauce' ingredients. Stir to combine. (D) Simmer uncovered, until most of the liquid has evaporated and the mixture has thickened. It should be around 5 minutes. Season with salt and pepper, to taste. Cover, and set aside. Let rest/tighten up for 5 minutes.





- 3 (A) Toast your buns o' choice, then place a thin slice of red onion onto the bottom bun, to act as a moisture barrier. It won't completely stop the bun from getting soggy... but it will prolong the inevitable, as well as adding a nice textural contrast. (B) Add an even 1 cup scoop of the sloppy joe meat mixture onto the onion. (C) Finally, add the top bun. Done.

## NOTES & SUGGESTIONS:

- **NO TOMATO PASTE???** Every single recipe out there, for a 'sloppy joe', calls for tomato paste. It adds extra depth of flavor and thickens those 'other' sauces. Why aren't I using it? My 'Savory' ground meat mixture has so many spices and seasonings in it... that it has all the flavor we'll need. Simmering the meat mixture with the onions, garlic, beef broth and tomato sauce gives a TON of flavor. Plus, we don't need tomato paste to tighten the sauce up. Just that tiny little bit of cornstarch will do the same thing for 0 points.
- **RED ONION:** Totally optional. If you're a purist that likes soggy burger buns... then leave the onions off.
- **SLOPPY SANCHE!** Want to kick this baby up a notch and take it south of the border? Who needs a plain ol' Sloppy Joe?... Make a Sloppy Sancho!

Instead of my 'Savory' meat seasoning, use my ground turkey Chorizo recipe. Add a little cumin and chipotle chili powder into the tomato sauce, along with some smoked paprika for a nice little smoky kick. You can even bump it up further with some sliced jalapeños added into the meat mix... or add some chopped, fresh cilantro under the top bun. Honestly... the Sloppy Sancho version of this sandwich is the only reason Bill Clinton passed NAFTA.





# Southern 'Pulled' Chicken Sandwich

Poached, shredded chicken breasts, simmered with homemade bbq sauce and topped with creamy coleslaw

I used to reeeally love going to BBQ joints and ordering pulled pork sandwiches. But, after joining WW, I decided that if I ever tried making one, it'd need to be a chicken breast version. After trying a recipes from popular 'skinny bloggers', I realized if I wanted one that didn't taste like 'diet food on a bun', I needed to make my own. Not only can this pulled chicken sandwich stand toe to toe with a pulled pork sandwich, in terms of flavor and mouth-feel... It also features my no sugar added bbq sauce and nearly fat free coleslaw dressing.

## Servings Info.:

Yields: 4 sandwiches  
Servings: 4  
Serving: 1 sandwich



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0-1

- last checked 04/08/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever bread you want, then add my points.

## Ingredients:

### Poached, Shredded Chicken Breasts:

- 1.5 lbs boneless skinless chicken breasts. Ideally, 2 thick/large breasts, cut into 4 halves (*see notes*)
- 1/4 tsp baking soda dissolved with 1 tsp water
- 2 tsp lower sodium soy sauce
- fat free chicken broth, enough to almost cover the breasts.  
My 12" pan required (1) 48oz container. (*see notes for point issue*)
- 3-4 medium garlic cloves

### BBQ Sauce: (make ahead of time)

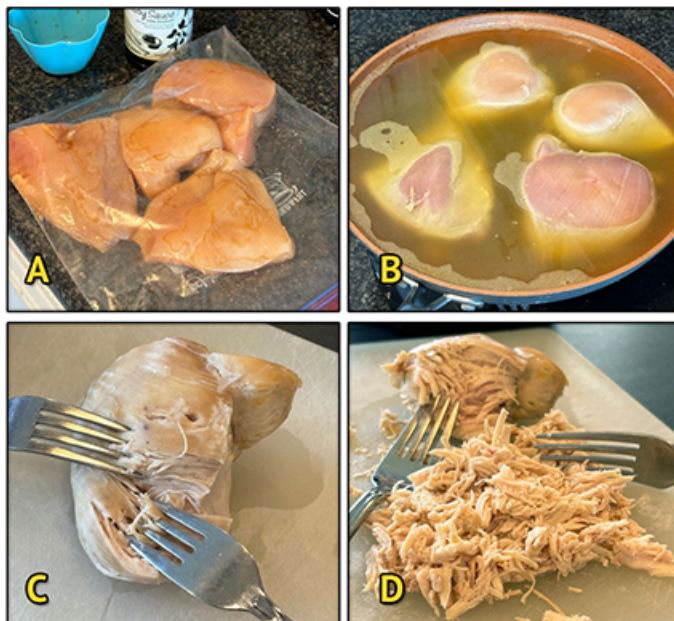
- 1 batch of my bbq sauce, recipe on pg. 16

### Creamy Coleslaw (make ahead of time)

- 1 batch of my 'classic creamy coleslaw dressing', recipe on pg. 22
- (1) 14oz package of 'Tri-Color Coleslaw' mix. Ya'know... the kind that has shredded green & red cabbage, with shredded carrots.

## Directions:

- 1 Prepare the batch of coleslaw dressing, then in a large bowl, combine it with the coleslaw mix. Cover with plastic wrap and set aside in the fridge, to rest.
- 2 Prepare the BBQ sauce in a small pot, as directed on pg. 16. When it's done simmering, turn off the heat, cover with a lid and set aside.



- 3 (A) Slice the chicken breasts in half and place them in a large ziplock bag. Mix together the baking soda, water and soy sauce till dissolved. Pour into the bag and mix it all over the chicken. Set aside for at least 20 minutes.. (B) Fill a pan with enough chicken broth to fill it 3/4 of the way up, along with the garlic cloves. Heat it over medium heat until it JUST BARELY STARTS TO SIMMER, then turn the heat down slightly, so it is JUST UNDER a simmer. Add the chicken breasts into the almost simmering broth. Cover with a lid and let it baaarely baby-simmer for 10 minutes. Flip the breasts, cover and almost-simmer for 10 more minutes. (C) Discard the broth, garlic, then set the chicken aside for 20 minutes to cool. Then, use 2 forks to pull apart each chicken breast, little by little, shredding the meat. (D) Repeat shredding up the chicken till it is all pulled apart. You can continue the process till the meat is finely shredded (like mine), or leave it in bigger chunks, it's totally up to you.



- 4 Put your already made bbq sauce back onto the stove and bring it up to just under a simmer, then, turn off the heat.



- 5 (A) Discard all of the chicken broth from the pan you poached the chicken breasts in, then put the pan back on the stove, over medium heat. Add all of the shredded chicken into the pan to heat it all back up. Pour in ALL of the hot BBQ sauce. (B) Toss and stir the chicken and bbq sauce until well combined. Let it simmer for 5 minutes, or until most all of the excess liquid has evaporated. (C) Toast your buns (IF DESIRED), then set them aside. Place a mound of the shredded/pulled bbq chicken onto the bottom bun, (D) followed by a mound of the creamy coleslaw. Done.

## NOTES & SUGGESTIONS:

- **BROTH POINTS!!!:** Ok, this needs to be addressed first, before anything else in the notes. Chicken broth DOES gain points once you pass 3-1/3 cups of it. However... I am counting it as 0 points in this recipe for a very simple and logical reason. Though we ARE using a lot of chicken broth to 'poach' the chicken breasts in... as soon as we finish baby-simmering the chicken, ALL THAT BROTH GETS DISCARDED. We aren't actually consuming all that broth in the recipe. If anything, maybe only 1 tsp of it has been imparted into the chicken. Hence, I'm not counting the broth.
- **BBQ SAUCE:** Obviously I want to encourage you to make this recipe with MY bbq sauce. Duh,... it's my cookbook, so of course, you should try it. HOWEVER, with that out of the way... to save time, or for convenience, I definitely encourage you to use whatever brand bbq sauce you want. Just remember, MY bbq sauce is 0 points for all 2 cups of it. If you use any other brand bbq sauce, you will need to adjust your points, obviously.
- **COLESLAW:** If you don't want to top your bbq chicken with the coleslaw, you don't have to. You can always go traditional and simply have a big mound o' bbq shredded meat on the bun, with the coleslaw served on the side. Easy peasy.
- **TOASTED BUNS:** Though I obviously recommend toasting your buns for this sandwich (as shown on the left, when I was making the recipe)... you can always opt for regular, untoasted buns (as shown in the final pics). I like toasted for the extra crunch though.
- **FASTER SHREDDED/PULLED CHICKEN:** When I made this recipe, I decided to go "old school" and actually use forks to pull apart the chicken. It works great, obviously, but took about 7-10 minutes. If you're impatient, or like to do things with gadgets vs. utensils... there are a couple of MUCH faster ways to do it.
  - METHOD 1:** Use an electric hand mixer, or a counter top stand mixer, with a paddle attachment, to quickly shred up the chicken (watch a youtube video!)
  - METHOD 2:** Put the cooked chicken breasts into a food processor. Pulse a few times for quick-chopped chicken breast. It may not be uniformly 'pulled', but it has a texture between chopped/shredded.





# Thanksgiving Burger

Turkey, Stuffing, Gravy, 'Cranberry/Cherry' Sauce... yes, please

Why mope around all year, longing for Turkey Day? Now, you can have Thanksgiving on a bun any day of the year! This baby has a burger patty loaded with fall flavors, covered in gravy and stuffing, then finished with dark cherry OR cranberry sauce... depending on what's in season at the grocery store.

## Ingredients:

### Ground Turkey Patties:

- 3/4 batch of my 'Bratwurst', recipe on pg 24, formed into (4) 3oz patties. Make the the following changes to the raw mix:
  - Do not include the toasted caraway seeds

### Quick Gravy:

- 3/4 cup fat free chicken broth
- 1-1/2 tsp cornstarch
- salt and pepper to taste

### Quick Dressing/Stuffing:

- 5 slices Sara Lee '45 calorie delightful' bread. (see notes)\*\*
- 1-1/2 cup diced onion (1 medium onion)
- 1/2 cup celery, diced
- 1/2 cup carrots, diced
- 1 medium garlic clove, chopped
- 1 tsp garlic powder
- 1-1/2 cups chicken broth
- 1 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 Tbsp fresh sage, finely chopped
- 1 Tbsp fresh rosemary, finely chopped

### Dark Cherry (or Cranberry) Sauce: - see notes

- 1 cup fresh cherries, pits removed. (or, use fresh cranberries)
- 1/2 cup water
- 2-3 Tbsp 0 calorie sugar replacement o' choice, to taste
- 1/8 tsp each, ground cinnamon, ginger & nutmeg
- 2 tsp lemon juice
- 1-1/2 tsp cornstarch, dissolved with 1 Tbsp water

### Additional Ingredients:

- Red onion, 4 thin slices
- Preferred variety of lettuce, I used 'Green Leaf'.

## Servings Info.:

Yields: 4 burgers

Servings: 4

Serving Size: 1 burger



R - D

2-2

- last checked 03/29/24 -

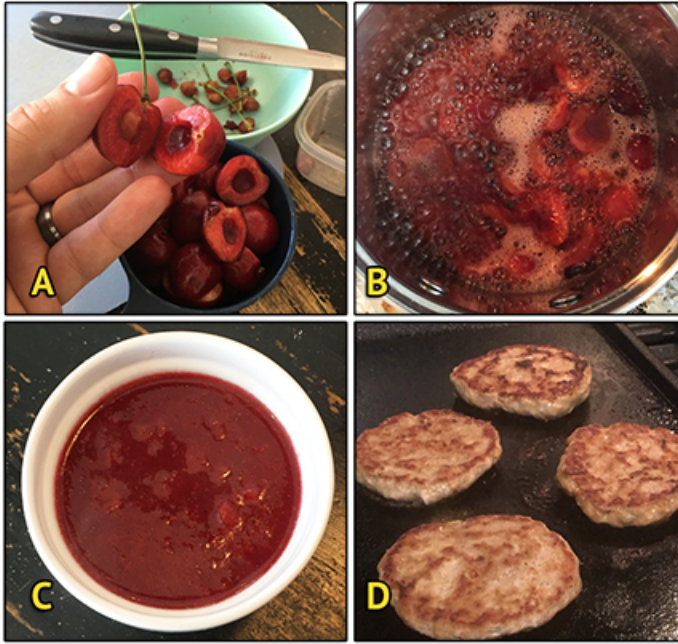
These points **DO NOT INCLUDE THE BREAD!!**  
Use whatever bread you want, then add these points.

## Directions:

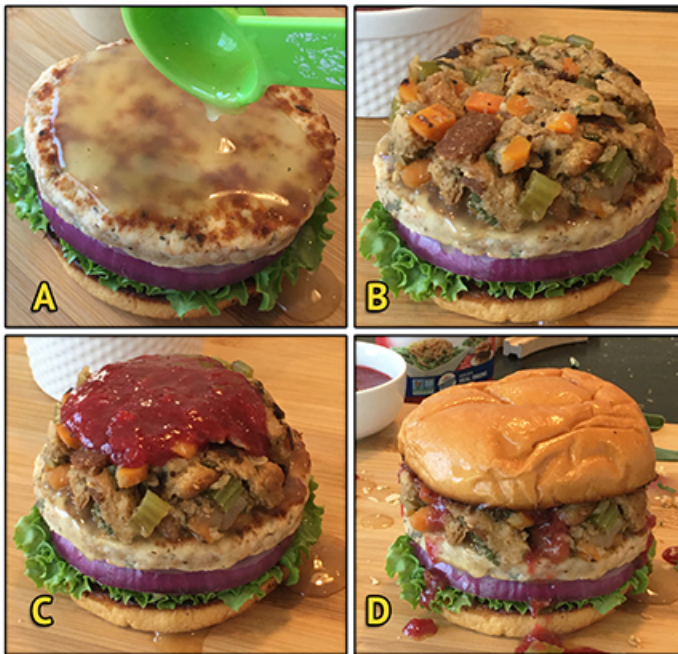


- (A) Use a toaster to toast your bread slices a couple of times, until almost darkened on both sides. Let them sit for 30 minutes, till room temperature. The longer they sit, the drier they'll become. Dry is good. Cut into small pieces, set aside. (B) In a medium sized pot, use cooking spray to sautee the onions, celery, carrots and garlic for 5-6 minutes on medium heat. Then, add the chicken broth, onion and garlic powders, salt, pepper, sage and rosemary. Simmer for 15 minutes at low heat. (C) Turn off the heat, and stir in the dried bread, smashing it slightly. (D) Cover with a lid and let sit for 10-15 minutes. Remove lid and stir, mashing it up a bit more. Season with salt and pepper to taste. If it's too dry, stir in a little bit more hot chicken broth, if needed. Set aside.
- Bring the Gravy ingredients to a boil, in a small pot. Cook at a hard boil for 4-5 minutes. Set aside to cool.





- 3 (A) Use a cherry-pit removing tool, then slice the cherries in half, OR... slice the cherries in half and remove the pits. Add all of the ingredients, EXCEPT FOR the dissolved cornstarch, to a small pot and bring to a boil for 10 minutes. (B) Either blend the cherries, or mash them in the pot, till pulverized. Add the dissolved cornstarch and simmer for 4 minutes. (C) Set aside to cool. (D) Preheat a pan over medium heat till water sizzles on it, then spray with cooking spray. Add the patties and cook for 2.5 minutes per side. Set aside. Rewarm the gravy on the stove.



- 4 To assemble the burgers, first, toast your buns, then... (A) From the bottom up, place some lettuce, then a thin slice of red onion, followed by a turkey patty. Use a measuring spoon to scoop 2 Tbsp of gravy onto the patty. (B) Measure and place 1/2 cup of dressing onto the gravy-laden patty and form into a mound. (C) Pour 2 Tbsp of the cherry (or cranberry) sauce onto the stuffing, then (D) Cover with the top bun. Done.

## NOTES & SUGGESTIONS:

- **SLICED BREAD:** I used Sara Lee 45 calorie bread because most major stores carry it. Use whatever brand of low point bread you can find. Five slices of Sara Lee were 7 points. If you have access to 1 point per slice 'KETO' bread... go ahead and use it. However, be warned. I have tried making "low point stuffing" with multiple brands of 1 point sliced keto bread... around 7 different brands so far, from Keto Culture to Orrowheat and all of them have been extremely 'hit or miss' with the texture that their stuffing makes. For the most consistent and 'normal' finished stuffing texture, I highly recommend the sara lee bread. It's the only time I'll ever recommend non-keto sliced bread.
- **CHERRY SAUCE???:** It was intended to be a cranberry sauce. However, cranberries were out of season and none of the stores around me even had frozen cranberries. As a result... I substituted fresh dark 'sweet' cherries in place of cranberries. When cranberries are back in season, you can use them instead. However... after trying this sauce, I will never go back to cranberry sauce. This sauce is amazing. It's sweet, spiced, not very tart... it's awesome. However, if you DO use cranberries, add an extra 1 Tbsp of sugar replacement, because cranberries are really tart.
- **FRENCH'S FRIED ONIONS:** Want to add an awesome texture kick to this burger? Place a 1 Tbsp scoop of French's fried onions on top of the cherry sauce, on each burger. It will add 1 point per burger, but it gives a nice crunch AND it definitely adds some extra Thanksgiving flavor.







## The Big Kahuna Burger

Who doesn't love pineapple and teriyaki sauce on a burger? Probably you whack-jobs that hate it on pizza 🙄

One of my favorite burgers to get at a restaurant has always been a teriyaki burger or chicken sandwich. You have a seasoned patty, savory and salty teriyaki sauce and a thick, sweet slice of pineapple. Well, we're elevating it by roasting our red onions and pineapple... as well as dusting the pineapple with cinnamon and chili powder.

### Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger



R - D  
0-2

- last checked 03/29/24 -  
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.

### Ingredients:

#### Savory Ground Turkey Patties:

- 3/4 batch of my 'savory' ground turkey, recipe on pg. 26, formed into (4) 3oz patties

#### Quick Teriyaki Sauce:

- 1 batch of my 'quick teriyaki sauce', recipe on pg. 20

#### Sesame Yogurt Spread:

- 3 Tbsp plain fat free Greek yogurt\*\*
- 1 tsp light mayonnaise
- 1/4 tsp sesame oil
- 1/8 tsp ground ginger
- 1/4 tsp sriracha or other asian chili sauce (optional)
- 1 Tbsp of my teriyaki sauce (leftover from above)
- 1 tsp lime juice
- pinch of salt

#### Additional Ingredients:

- 4 (1/2" thick) red onion slices
- 8 sliced pineapple rings, core removed.
- 1/8 tsp each: chili powder and ground cinnamon, for dusting the pineapple (easiest when done with a wire mesh strainer)
- Lettuce or other preferred leafy green.

### Directions:

- 1 Mix all of the teriyaki sauce ingredients together in a small pot. Bring to a boil for 4-5 minutes, or longer if you'd like it to be thicker. Set aside.



- 2 Preheat oven to 425 degrees. (A) Cut four 1/2" thick slices of red onion, then line a sheet pan with foil. Spray both sides of the onions with cooking spray and season with salt and pepper. Arrange the onions on a pan, lined with foil. (B) Bake the onions at 425 for 12 minutes. (C) While the onions are baking, pat the pineapple rings dry with paper towels, then sprinkle with chili powder and cinnamon on 1 side. Spray the 'dusted' rings with cooking spray, then rub the spices into the rings. (D) Turn the pineapple rings over, then sprinkle with more cinnamon and chili powder, repeating the process on both sides. Set aside.





- 3 After the onions have baked for 12 minutes, (A) remove the pan with the onions, then add the pineapple rings onto the pan and return it to the oven. Bake for 15 minutes. (B) While the pineapple and onions are baking, slice the ground turkey into 4 sections. (C) Form into 4 burger patties. Heat a large pan over medium heat till water sizzles on it's surface. Spray with cooking spray, then cook the patties for 2.5 minutes per side. Set aside. (D) Remove the roasted pineapple and onions from the oven, set aside.
- 4 Mix together the listed ingredients for the Sesame Yogurt Spread, set aside.



- 5 To assemble the burgers, first toast the buns, then (A) smear a scoop of the sesame spread onto the bottom bun. Then, (B) place a layer of lettuce over the spread, followed by one of the roasted red onion rounds, covered with a bit of the teriyaki sauce. (C) Set a patty on top of the onion, followed by 2 of the pineapple rings. Drizzle more teriyaki sauce over the rings, then top with the bun. (D) OPTIONAL STEP: If you want a "saucier" burger, dip your pineapple rings into the teriyaki sauce, before placing them onto your burger patty, in step C. This is honestly how I prefer to do it.

## NOTES & SUGGESTIONS:

- **PINEAPPLE:** Yes, you can use canned pineapple rings instead of the fresh rings. They work, but make sure that you rinse them off, to keep them 0 points, then pat them dry with paper towels. Also, the texture is muuuuuuuuch more appetizing, using fresh pineapple vs canned. Canned rings are a bit mushier and have a paler color to them. But, they'll work in a pinch.
- **ROASTING:** Don't want to use your oven? Instead of using your oven for the pineapple and red onion slices, you can use a pan to sear them instead. Sear the onions the same way as in my "Oktoberfest Burger" recipe. Do the same with the pineapple rings.
- **GRILLING:** Ok, fine... you can grill the pineapple & onions too. I have to be mindful of people without grills in my recipes.
- If you'd like to make a full-fledge Hawaiian burger, add a slice of fried spam... but adjust your points. I personally think Spam is the devil's bologna... but go ahead and have it, if you're into salty canned pork stuff. Adjust your points though... heathen.







## Western Bacon Burger

My WW-ified take on the Carl's Jr. & Hardees icon.

For most of my adult life, one of my favorite "chain" burgers has been the Western Bacon Cheeseburger at Carl's Jr. but.... c'mon, the real thing is 25 points!!! So, in my never ending quest to remain a semi-skinny glutton, I had to figure out a lower calorie, lower fat, low point version of my favorite drive thru guilty pleasure... other than Dairy Queen's Blizzards, of course.

### Servings Info.:

Yields: 4 burgers

Servings: 4

Serving Size: 1 burger



R - D  
4-4

- last checked 03/29/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever bread you want, then add my points to the bread.

### Ingredients:

#### Savory Ground Turkey Patties

- 3/4 batch of my 'Savory' meat mix, recipe on page 26

#### Quick BBQ Sauce

- Prepare a batch of my BBQ Sauce, recipe on pg. 16

#### Oven Baked Onion Rings

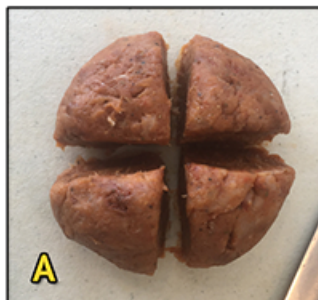
- 1 batch of my crispy oven-baked onion rings, recipe in the 'Side Dishes' section, on pg. 164-165

#### Additional Ingredients:

- 4 low point american cheese slices, such as Borden's Fat Free singles (3 points for 4 slices), or Velveeta Original (6 points)
- 8 slices Oscar Mayer 'regular' Center Cut Bacon. This is a tricky one. You'll start with 8 slices, though technically, you will only be using 6 slices, to factor points. **READ THE NOTES!**

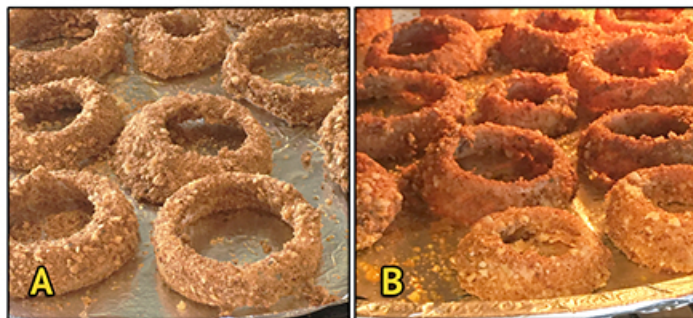
### Directions:

- 1 Mix all of the BBQ sauce ingredients together in a small pot. Bring to a low boil, then turn off heat. Adjust seasonings as desired, set aside.

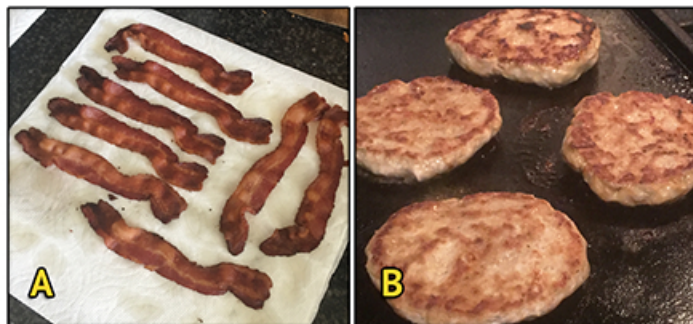


- 2 (A) Take your 3/4lb of raw "savory" ground turkey mix, then section it into 4 equal portions. (B) Form each section into a burger patty, then set aside (C) Prep a batch of my onion rings, DON'T FORGET to toast the crumbs. Preheat your oven to 425 degrees. (D) While the oven is getting to temperature, take your 8 pieces of center cut bacon... and slice 1/4 off of each one. You will now technically only be using 6 slices. Say what??  
Math.  $1/4 \times 8 = 2$ . You just removed 2 pieces of bacon from the recipe, while KEEPING 8 actual slightly shorter slices, 2 per burger. What do you do with all those little 1/4 pieces? Read the notes, mi amigo.





- 3 Once the oven comes up to temperature, **(A)** spray the rings with cooking spray, then place into the oven and **(B)** bake for 15-20 minutes at 425, or until lightly golden and crispy. Remove from oven, set aside.



- 4 While the onion rings are baking, **(A)** cook the bacon till crispy, then pat it dry to remove as much oil as possible. Set aside. Clean the pan to remove the grease, then spray with cooking spray. **(B)** Cook the burger patties, over medium heat for 2-1/2 on one side, then flip. Top with American cheese, add a little water to the pan, then cover and cook for 2 minutes, melting the cheese. Set aside.



- 5 To assemble the burgers, first toast the buns. **(A)** Smear some bbq sauce onto the bottom bun, followed by 2-3 rings. Slightly press down on them with your palm, so your patty will sit flatter. **(B)** Place one cheeseburger patty on top of the rings, topped with more bbq sauce. **(C)** Place 2 bacon strips on top of the patty, then **(D)** drizzle with more bbq sauce and cover with the top bun. Done.

## NOTES & SUGGESTIONS:

- **CHEESE:** Though there are many low point brands of melty American/Cheddar cheese slices, I used Velveeta Originals. They are widely availability in most major grocery stores, nationwide. However, use what you want.
- **BACON:** Center Cut Bacon is a tricky one, in the database. Some brands show as being 3 points per slice, some are 1 point. The reason is simple. Most brands of center cut bacon are 1 point per slice, as long as you don't buy "Thick Cut" center cut bacon. IF... you cook them, pat them dry and remove as much oil as humanly possible. Cooked in this way, most are 1 point. I'm using Oscar Mayer 'regular' brand, because it's widely available.
- **3/4 BACON SLICES?:** Ok, here's the deal. Though you NEED 8 slices of bacon for this, you are actually only using 6, due to trimming them. The reason is: To cut points and calories from the recipe. It also looks more proportional.
- **BBQ Sauce:** You don't have to use mine. Use whatever sauce you want, but adjust your points if necessary.
- **LEFTOVER BACON?:** The AWESOME thing about having those leftover 1/4 slices of center cut bacon,... is what you can do with them. I typically cook them all, pat them dry and put them in a ziplock bag in the freezer. If you ever want a 0 point addition to a dish, thaw one out, chop it up, sprinkle it onto your salad, add it into your entree or appetizer and there you go... a 1/4 slice is 0 points.







## Argentinian Choripán Sandwich

Ground turkey chorizo sausage, served with a big scoop of chimichurri sauce and pico de gallo

This first sausage sandwich is a perfect example of my goal for this section. Namely, I want to make you start thinking about pickling and choosing different toppings and sauces from different burgers/sandwiches in this cookbook, then combining them to make your own creations. To that end, here's an "easy" one you can try. We're utilizing one of my meat mixes, formed into sausages using my DIY sausage guide, my chimichurri sauce from pg. 81 and my pico de gallo from pg. 86. Throw them all together and you end up with a healthy version of a traditional Argentinian chorizo sausage sandwich.

### Servings Info.:

Yields: 6 sandwiches

Servings: 6

Serving Size: 1 sandwich



R - D

1-1

- last checked 03/30/24 -  
Listed Points **DO NOT INCLUDE BREAD!** Use  
whatever bread you want, then add my points.

### Ingredients:

- 1lb batch of my Chorizo meat mix (pg 14), formed into (6) 3oz sausages (pg 44-45)

#### Chimichurri Sauce:

- 1 prepared batch of my Chimichurri sauce, recipe on pg. 17

#### Pico De Gallo:

- 1 prepared batch of my Pico De Gallo, recipe on pg. 19

#### Additional Ingredients:

- Low carb (Keto) Hot dog buns o' choice

### Directions:

- 1 Prepare a batch of the Chimichurri sauce ahead of time, set aside.
- 2 Prepare a batch of the Pico De Gallo ahead of time, set aside.
- 3 Prepare the chorizo mix into 3oz links, as shown on pg. 44, then cook to your preference (in a pan or grilled), as shown on pages 44-45.
- 4 **To Serve:** Toast your bread/buns o' choice, then open them up and spread UP TO a 1/4 cup of chimichurri sauce into your buns, then place a cooked chorizo sausage onto the chimichurri. Add some of the pico de gallo (around 2 Tbsp) to the sandwich... done.

### Notes:

- **CHIMICHURRI:** I strongly suggest making the chimichurri sauce at least 1 hour ahead of time. When you first make it, the flavors are very, very sharp. However, it mellows out the longer you allow the flavors to sit and meld.





## Bavarian Bratwurst Sandwich

An ultra healthy spin on a German bratwurst, sauerkraut and mustard sandwich

When I was initially thinking of simple, well known sausage sandwiches, the first one that came to mind was a German Bratwurst sandwich with sauerkraut and mustard. I wanted to jazz it up a little bit, so instead of simply putting a mound of 'kraut onto the bun, straight out of a jar, I thought I'd add some flavor to it by braising it with onions, beef broth and spices.

### Servings Info.:

Yields: 6 sandwiches

Servings: 6

Serving Size: 1 sandwich



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- last checked 03/29/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever bread you want, then add my points.

### Ingredients:

- 1lb batch of my Bratwurst meat mix (pg 14), formed into (6) 3oz sausage links (*see pg. 44 for guide*)

### Sauerkraut Ingredients:

- (1) 30oz jar of sauerkraut, drained and squeezed to remove most of the liquid
- 1-1/2 cups diced onion
- 1 cup fat free beef broth
- 2 Tbsp 0 calorie brown sugar replacement
- 1 Tbsp white vinegar
- 1/2 tsp caraway seeds
- 1/2 tsp salt
- 1/4 tsp coarse ground black pepper

### Additional Ingredients:

- Low carb (Keto) Hot dog buns o' choice
- Stone ground mustard

### Directions:

- 1 Prepare the bratwurst mix into 3oz links, then cook as shown on pages 44-45. Set aside.
- 2 Heat a large pan over medium heat, till water sizzles in it. Spray with cooking spray, then add the onions. Cook for 4-5 minutes, or till just starting to caramelize. Then, mix in the drained sauerkraut. Stir to combine.
- 3 Add the beef broth, brown sugar substitute, vinegar, caraway seeds, salt and pepper. Stir to combine. Bring to a simmer.
- 4 Simmer, uncovered for 15-20 minutes, or until almost all liquid has evaporated. Turn off the heat and add the cooked sausages to heat them back up a bit.
- 5 **To Serve:** Place a mound of the onion & 'kraut mixture into each bun. Place a sausage over the kraut, then add some mustard to each of the sandwiches. Done

### Notes:

- **BEER:** The traditional recipe calls for using beer instead of broth. I used broth for the points. Considering my filling is 0 points, you can cut it with a 50/50 mix of beef broth and beer if you want. The flavor will be more traditional and it'll still be low point. But... some people don't like beer, so... it's optional.
- **SAUERKRAUT:** If you want to make this 10x easier... skip the whole braising 'kraut thing. Simply drain the jarred sauerkraut and use it as-is.





## Coney-Style Chili Dog

A skinnied down version of a Coney Island chili dog

When I want a guilty pleasure food, I want a chili dog like you'd get at Wienerschnitzels, Pinks, or Cupids (all West Coast Staples). I then found out that there was a style of chili dog, which has a more meaty, yet 'finely-ground' chili, called a 'Conie dog'. Conie dogs were made famous at Conie Island and aren't as soupy/runny as the one's I'm used to. That sounded great, because I hate biting into a chili dog, then having the chili pour out like the Mighty Mississippi.

For my healthier version, instead of hot dog franks, we're using 0 point ground turkey sausages, covered in my finely ground, runny 'hot dog chili', served with diced onions and mustard. The big hurdle was trying to get 99% fat free ground turkey to mimic the texture of finely-ground chili made from ultra fatty 80/20 ground beef. It took some finagling, but I figured out, eventually.

### Servings Info.:

Yields: 6 sandwiches

Servings: 6

Serving Size: 1 sandwich



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- last checked 04/02/24 -  
Listed Points **DO NOT INCLUDE BREAD!** Use  
whatever bread you want, then add my points.

### Ingredients:

- 1lb batch of my 'Savory' meat mix (pg 16), formed into (6) 3oz sausages (*see pg. 44-45*)

#### Chili Con Carne:

- 1 prepared batch of my 'Hot Dog Chili', recipe on pg 18

#### Additional Ingredients:

- Diced onions (yellow, white or red, your preference)
- Yellow mustard
- Low carb (Keto) Hot dog buns o' choice

### Directions:

- 1 Prepare a batch of the chili, ahead of time.
- 2 Form the meat into sausage links, as directed in my 'DIY sausage guide', then cook them in whichever way you prefer... pan fried or on the grill. I personally prefer grilled, but pan fried works fine too. Set aside.
- 3 Toast or steam your hot dog buns or hoagie rolls, or whatever bread you choose.
- 4 **To Serve:** Place a sausage link into one of the buns, cover with chili, then add as much diced onion as you prefer. Finally, add some yellow mustard to finish it off.

### Notes:

- **CHILI:** It goes without saying, you can obviously use ANY chili you want... even canned chili. But, adjust your points.





## Italian Sausage & Peppers Sandwich

A sandwich with roasted garlic spread, sauteed onions & peppers, with ground turkey Italian Sausage

I decided to add this one in, so that you folks would have a reason to make my Italian sausage meat mix, which is totally awesome. So... this is my play on a typical sausage and pepper sandwich. My ground turkey breast Italian sausage, with sauteed peppers, onions and a roasted garlic (optional) spread on the buns. You can even add a little marinara sauce, if you want. I won't judge.

### Servings Info.:

Yields: 6 sandwiches  
Servings: 6  
Serving Size: 1 sandwich



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- last checked 03/30/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever bread you want, then add my points.

### Ingredients:

- 1lb batch of my Italian Sausage meat mix (pg 25), formed into (6) 3oz sausage links (*see pg. 44 for guide*)

#### Roasted Garlic Spread (*prepared just like on pg. 74, but with these measurements*)

- 16-20 garlic cloves
- 1/4 tsp olive oil\*\*
- olive oil cooking spray\*\*
- 1 Tbsp water
- 1/2 cup plain fat free greek yogurt
- 1 tsp light mayonnaise
- 1 Tbsp white wine vinegar (or distilled white)
- 1 tsp garlic powder
- 1 tsp worcestershire sauce
- 1/4 tsp each: pinch of salt and pepper

#### Additional Ingredients:

- Low carb hot dog buns or any bread rolls o' choice
- 1 large onion, sliced
- 1 large red AND green bell pepper, sliced

### Directions:

- 1 Roast your garlic cloves ahead of time, as described on pg. 74. Then, mash the garlic and mix the remaining 'spread' ingredients together. Set aside in the fridge, covered for at least 1 hour.
- 2 While your roasted garlic spread is resting... slice the onions and bell peppers, then saute them in a large pan, with cooking spray and a little salt and pepper. Cook them for 6-7 minutes, or until the onions and peppers have started to soften and slightly brown. Set aside.
- 3 Cook your Italian sausages as directed on pg. 44-45, choosing to either pan fry or grill them, your choice.
- 4 Toast your buns or bread, if desired.
- 5 **To Serve:** Smear a dollop of the roasted garlic spread onto the 'bottom' half of each bun. Place a mound of the cooked onions and peppers onto the bottom bun, then place an Italian sausage on top. Done.

### Notes:

- **MARINARA:** You can also add a little bit of marinara sauce onto your sandwich as well. You can make my 5 minute marinara from pg. 16, or use whatever brand you want. Adjust points if necessary.





## L.A. Street Dog

A bacon wrapped sausage, with sauteed onions, bell peppers, a charred jalapeno, and creamy chipotle sauce



This is the official hot dog of los angeles, though you can find them at all carnivals, fairs and at various street vendors. The real ones are huge bacon wrapped hot dogs, served with a mound of onions and peppers, dripping with oil, served with a charred jalapeno pepper. Mine is made healthier with a ground turkey sausage, center cut bacon, veggies cooked with cooking spray, with a greek yogurt based chipotle sauce, instead of using a tub of mayo.

### Servings Info.:

Yields: 6 sandwiches

Servings: 6

Serving Size: 1 sandwich



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- last checked 03/30/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever bread you want, then add my points.

### Ingredients:

- 1lb batch of my 'Savory' meat mix (pg 16), formed into (6) 3oz bacon wrapped sausages (*see pg. 44-46*)

#### Chipotle Crema Sauce:

- 1/3 cup plain fat free Greek yogurt
- 1 tsp light mayo
- 1 tsp chipotle chili powder
- 1/4 tsp each: salt and pepper
- 2 tsp apple cider vinegar

#### Additional Ingredients:

- 1 large onion, sliced
- 1 large red AND green bell pepper, sliced
- 6 jalapeno peppers (or, you can slice them and add them in with the onions and peppers. Your preference.

### Directions:

- 1 Prepare the bacon wrapped sausages and cook in a large pan, as shown on pg. 46. Then, set them aside when done.
- 2 After you remove the sausages, add the onions, green and red peppers, and jalapenos, **if using**, to the large pan, over medium high heat. Spread the veggies around, then DO NOT MOVE THEM! Let them sit, unmoved for 3 minutes, then toss to mix. Let them sit for another 2 minutes, unmoved, then toss again. repeat the process, letting them cook for 2 minutes at a time, without stirring, till they begin to develop some char marks.
- 3 Mix the sauce together, set aside.
- 4 Add the cooked sausages back into the pan, with the hot veggies, to warm them back up. Done.
- 5 **To Serve:** Toast your buns (if desired). Add a scoop of the onions and peppers into the sandwich, followed by 1 of the bacon wrapped sausages. Drizzle with some of the chipotle yogurt sauce and garnish with a charred jalapeno pepper.

### Notes:

- **JALAPENO:** If you'd rather have the pepper spread throughout the dish, slice up the jalapeno and cook it with the onions and peppers, rather than keeping it whole.
- **CHARRING:** Let the pan sit for 2-3 minutes at a time, so the veggies will develop char. If you are constantly stirring and tossing the veggies as they cook, they won't develop those blackened charred little crispy edges we want.





## Maxwell Street Polish Sausage Sandwich

Polish sausage, entombed in a mound of caramelized onions, with mustard and hot pickled peppers

A Maxwell Polish Sausage Sandwich is a famous street dog, hailing from Chicago's "Maxwell Street Market", at a Polish family-run hot dog stand, in the late 1930's. It's traditionally made with a fresh Polish Kielbasa sausage, grilled onions, mustard, and pickled hot peppers, and is widely viewed as one of Chicago's famous regional food dishes. This version is a healthy, tasty riff on the classic sandwich.

### Servings Info.:

Yields: 6 sandwiches

Servings: 6

Serving Size: 1 sandwich



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- last checked 03/30/24 -  
Listed Points **DO NOT INCLUDE BREAD!** Use  
whatever bread you want, then add my points.

### Ingredients:

- 1lb batch of my Kielbasa meat mix (pg 26), formed into (6) 3oz sausage links (*see pg. 44-45 for guide*)

#### 'Beefy' Caramelized Onions

- Prepare 1 batch of my 'beefy caramelized onions', as shown in my 'Patty Melt' recipe, on pg. 120.

**HOWEVER...** modify the caramelized onion recipe from the patty melt, as follows:

- Use **THREE** large onions, instead of 2.
- Use  $\frac{3}{4}$  cup beef broth, instead of  $\frac{1}{2}$  cup.
- Quarter, then slice the onions, instead of dicing them (the patty melt asks you to dice them)

#### Additional Ingredients:

- Low carb hot dog buns or any bread rolls o' choice
- Yellow mustard
- (OPTIONAL) 1 jar of pickled "sport" peppers. If you can't find those (pictured up top), you can substitute them with pickled spicy pepperoncini peppers, pickled spicy yellow peppers, or ANY type of pickled spicy pepper you can get your hands on.

### Directions:

- 1 Prepare the kielbasa sausages ahead of time, and get them ready to cook. You'll start cooking them later, either in a pan or on the grill, while you are cooking the onions, separately, in their own pan.
- 2 Start cooking the caramelized onions, as shown on pg. 120, but with the recipe changes listed above in the ingredients area.
- 3 When the onions are about halfway finished cooking, cook your sausages by either pan frying or grilling them (see pages 44-45). So they finish cooking around the same time as the onions. Set aside.
- 4 When your caramelized onions are finished... Toast your buns or bread, if desired. TA DA!!! You're done.
- 5 **To Serve:** Divide the caramelized onions between all of the 6 buns. Place a cooked kielbasa sausage onto the onions, followed by a drizzle of yellow mustard. Lastly, if desired... add a couple of the pickled hot peppers (they are optional).

### Notes:

- **PICKLED PEPPERS:** As mentioned... the traditional version of this sandwich calls for pickled "Sport Peppers". My local stores didn't carry them, so I had to order them on amazon. If you don't want to go that far, feel free to substitute them with any type of pickled hot peppers you want.